

# *the* SPOKEN WORD

May 2010

Volume 38 • Number 1

## *President's Column –*

Congratulations to all who participated in the recent Bike Swap. And for those who didn't, well, like the Cubs, there is always next year. It was however a big-time success. The new system worked efficiently and the rain held off all day with only a misting earlier in the day. Photographic evidence that we had a good time is on pages 7-8. By the May meeting we should have some financials in on how well we did.

Our second annual event, the Arlington 500, is coming up on May 16. Don's last plea for help got an overwhelming response which he / we are grateful for. The AHBC is cooperating with the Wheeling Wheelmen on the road signs. Why have duplicates when both clubs use the same yellow & black arrow signs?

Help needed: I (we) could use someone to be the Program Chair starting in the Fall. Club members often suggest topics or speakers and you can network with other Program Chairs from other clubs.

Help received: Dianne Ghertner is our new newsletter editor. She could use some articles from club members which said club members think might be interesting to other club members.

The Ride of Silence ride is on May 19, the Wednesday after the "500" at 7pm. Try to come out for this remembrance of fallen riders.

On page 6, you can see what is on the donation plaque mounted in the exercise room of the Arlington Heights Senior Center. Your club donated \$2199 for a Life Classic Series Upright Exercise Bike for the Center and the photos are there to prove it.

*Spoken by – Al Gibbs*

President, Al Gibbs  
 Vice-President, Christine & Dave VanDornick  
 Treasurer, Ron McPheron  
 Secretary, Ford Sakata

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	Dianne Ghertner	708-524-1963
Picnic	Gary Gilbert	847)577-4275
Meeting Programs	<OPEN>	
Refreshments	Jim McClure	847)705-7846
Ride Chair(s)	Chris/Dave VanDornick	847)259-7917
Tuesday Night rides	Laurie Larson	847)776-8813
Trail Rides	Art Cunningham	847)963-8746
Webmaster	Scott Schaedel	847)823-6421
Zero Mile "Rides"	Gary Gilbert	847)577-4275
Progressive Dinner	Vince & Jackie Kelley	847)259-6899

**Top 25 riders as of April 15, 2010**

1	Jim	Shoemaker	1614
2	John	Thiel	1137
3	Mitch	Polonsky	847
4	Al	Gibbs	752
5	Jim	McClure	663
6	Richard	Carr	606
7	David	Van Dornick	577
8	Terry	Donoghue	476
9	Al	Berman	459
10	Tom	Drabant	399
11	Jack	Thomas	372
12	Paula	Matzek	350
13	Christine	Van Dornick	350
14	Ron	Silverman	277
15	Barb	Pontrelli	256
16	Wayne	Woodworth	240
17	Carol	Ranachows ki	235
18	Frank	Bing	224
19	Bob	Dominsky	213
20	Ford	Sakata	206
21	Laurie	Larson	197
22	Diane	Ghertner	192
23	Dave	Martin	191
24	Len	Geis	185
25	Reinhilde	Geis	185

Call the Van Dornick's at 847-259-7917 to add rides or for ride schedule details. Tuesday Night rides start at 6:30 PM from Recreation Park in A.H.

**Bakery Rides start at 9:00AM**  
 Tuesday and Thursday  
 from Willow Stream Park on Old  
 Checker Road, ½ mile west of the  
 Deerfield Bakery.

**Watch the website for up to date information.**

## Intermediate Pace Rides

Saturday, May 1 9:00 AM Frontier Park	The Millie's Restaurant Ride Approximately 35- 40 Miles	Leader: Dianne Ghertner	This ride will roll at an Intermediate Pace over flat terrain to one of our favorite restaurants, Millie's Pancake Shoppe. Dianne's address and phone number are as follows: dghert@att.net 773-339-0241 (cell)
Saturday, May 8 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. The Lunch Stop will be at the Culver's Restaurant in Schaumburg. Tom's address and phone number are as follows: <a href="mailto:tdrabant@comcast.net">tdrabant@comcast.net</a> and 847-290-1763
Saturday, May 15 9:00 AM Barrington High School	Arlington 500 Pre- Ride, Members Only Approximately 30, 50 or 65 miles Barrington High School	Leaders: Various AHBA Bikers	Come on out and join us as we pre-ride our Arlington 500 (See how many miles are in 500 furlongs, too) Please contact Don Ami at 847-358-8814 or at <a href="mailto:donwaus@yahoo.com">donwaus@yahoo.com</a> to volunteer for the May 16 Event
Sunday, May 16 6:00 Am Barrington High School	Arlington 500	Leader: Don Ami	Please contact Don Ami and volunteer for our Annual Fund Raiser. See above for his contact information
Wednesday, May 19 7:00 PM Recreation Park	The Ride Of Silence	Leader: Gary Gilbert	Please join us as we honor the Fallen Bikers Contact Gary Gilbert at <a href="mailto:gary.bicycles@comcast.net">gary.bicycles@comcast.net</a> or at 847-577-4275
Saturday, May 22 9:00 AM	Frontier Park Carol's Libertyville Ride Approximately 35 miles	Leader: Carol Ranachowski	Carol will lead us on an adventure-filled ride with a mystery lunch stop. Her address is <a href="mailto:bikeck2003@yahoo.com">bikeck2003@yahoo.com</a> Carol's phone number is 847-297-4337)
Saturday, May 29 9:00 AM Frontier Park	Terry's Ride to Park Ridge Approximately 30 Miles	Leader: Terry Donoghue	Terry will take us upon a jaunt to Jason's Deli in Park Ridge His address and phone number are <a href="mailto:Terrydonoghue@netscape.com">Terrydonoghue@netscape.com</a> and 847-965-2351
Memorial Day Ride Monday, May 31 9:00 AM Winthrop Harbor McClory Trail Parking Lot	The Kenosha Ride Approximately 30 Miles at a Leisure/ Intermediate Pace	Leader: Jim Shoemaker	This is a Joint Ride with the BCLC and will take us 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 <a href="mailto:imjims@wowway.com">imjims@wowway.com</a>

# Advanced Pace Rides

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

Bakery Rides start at 9:00 AM Tuesday and Thursday from [Willow Stream Park](#) on Old Checker Road ½ mile west of the Deerfield Bakery.

Saturday May 1 9:00 AM	Barrington Ride Frontier Park 45 Miles	Leader Van Dornick	Food Stop at Einsteins
Saturday May 8 9:00 AM	Lake Forest Ride Frontier Park 51 Miles	Leader Van Dornick	Food Stop
Saturday May 15 9:00 AM	Arlington 500 pre-ride Barrington High School 32-64 miles	Leaders decided the day of ride	Food stop, up to your distance and group bring a snack
May 16 Sunday	Arlington 500	Coordinator: Don Ami <a href="mailto:donwaus@yahoo.com">donwaus@yahoo.com</a>	Help the Club!
Saturday May 22 9:00 AM	Bartlett Ride Frontier Park 51 Miles	Leader Van Dornick	Food Stop: North of the Border
Saturday May 29 9:00 AM	Algonquin Ride Frontier Park 53 miles	Leader Van Dornick	Food stop in Algonquin
Saturday June 5 8:30 AM	Lamb's Farm Ride Frontier Park 53 Miles	Leader Van Dornick	Food stop at the Farm

## Trail Rides

(coordinated by Al Gibbs)

DATE	TIME	RIDE	MILES	START	DIRECTIONS
05/05/10	9:00	<b>North Branch Botanic Garden</b>	32	Memorial Woods Glenview	East on Lake St. past Waukegan Rd. just past Bike Pad Overpass. Parking lot on the Right.
05/19/10	9:00	<b>Des Plaines River Trail to Wadsworth</b>	40	Old School Forest Preserve Parking Lot D	IL 176 to St. Mary's Rd. south to Forest Preserve on left. Park in shelter D Lot.

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

Leisure rides are announced on an *ad hoc* basis on ahhacyclists list service. Anyone may join, pending moderator approval, via [cyclearlington.com](http://cyclearlington.com) website.

**The 2010 MB Financial Bank Bike the Drive still needs  
Volunteers!**

There are plenty of opportunities before, during and after the event for volunteers to lend their time and talents to this fun event on **Sunday, May 30th**. Day of event volunteers are especially needed to register participants, distribute food to hungry riders, direct them along the route, and help break our post-event festival.

Claim your volunteer role now and enjoy these great perks:

- Day-of-event volunteers receive a complimentary pancake breakfast, t-shirt, entry in a prize raffle and a great experience.
- Pre-event volunteers can trade six volunteer hours for an event registration
- Groups of 15 or more volunteers may qualify for a \$200 donation. School groups, church groups and community organizations are welcome!

Interested volunteers should visit [www.bikethedrive.org/volunteer](http://www.bikethedrive.org/volunteer) to register or contact Margaret Kushiner at [margaret@activetrans.org](mailto:margaret@activetrans.org) or 312.427.3325 x297.

Thank you for your support and let me know if you have any other questions!

**Margaret Kushiner**

Volunteer Coordinator, Bike the Drive

Active Transportation Alliance

9 W. Hubbard Street, Suite 402

Chicago, IL 60654

P: 312.427.3325, ext. 297

F: 312.427.4907

[margaret@activetrans.org](mailto:margaret@activetrans.org) \* [www.activetrans.org](http://www.activetrans.org)

# Thank You

The Arlington Heights Park District thanks

The Arlington Heights Bicycle Club

for the donation of the

Life Fitness Classic Series Upright Bike.

(In memory of cyclist Art Cunningham)

And

Special recognition to our

2009-2010 and 2010-2011

Fun & Fit and Athletic Club Sponsor:

Home Instead Senior Care

(Kelly Hutchison, owner)

## MAY BIRTHDAYS

- 2 Debbie Watson
- 9 Ken Haas
- 11 Cathy Witt
- 15 Dianne Ghertner
- 21 Debbie Watson
- 21 Ron Schmalz
- 24 Wayne Woodworth
- 25 Evie Weber
- 29 Bruce Cruz
- 30 Kurt Schoenhoff



**Jim presenting the club check to Paula Barans at the Arlington Heights Park District Senior Center.**



**Paula, Jim, Dave, Al, and Ron with the new exercise bike your club donated.**



# Bike Swap Photos by Gary Gilbert and Dianne Ghertner



Bike Swap Photos by Paula Matzek





### **The Active Transportation Alliance Looking for “Volunteer Ambassadors Corps”**

We are currently seeking individuals from the North, West and South suburban communities as well as within the city of Chicago. This is an exciting opportunity to participate in our work at a whole new level and is exclusively available to Active Trans. Members. We would very much like to partner with regional bicycle clubs in this effort to provide bike safety education in your area. Volunteer will be trained to assist our education and membership efforts through three main activities:

1. Conducting “Learn to Ride” events within your community, during which Volunteer Ambassadors will use a simple and proven method to teach children shed their training wheels (or better yet forego them altogether) and master riding two wheels. That’s right, you will literally be teaching children how to ride a bike!!
2. Serving as support staff for “bicycle rodeos”, or bicycle skills courses wherein children ages 7-10 will have the opportunity to practice important bike riding skills such as proper helmet use, signaling, and basic bike handling skills.
3. Tabling at your community events to better inform your neighbors about how to safely engage in active transportation and to provide information about us, our work and how they can become a member.

Volunteer Ambassadors will be required to attend one of two 5 hr training sessions in May to be held on May 8<sup>th</sup> and May 16<sup>th</sup>.

(Locations are still being determined but one will probably be in the city and one in a West Suburbs to limit travel times. If you have access to a large outdoor paved space the size of a basketball court or larger and are interested in hosting please let me know. If you have a group that are interested but unable to attend one of these dates please contact me and we will see about the possibility of setting up another training.)

Volunteer Ambassadors will be expected to work with other ambassadors and members of your surrounding communities to host and conduct at least one “Learn to Ride” event within in your region (North, West, South or City) per month during the summer months with which we will provide assistance in organization and publicity. All volunteer Ambassadors must be Active Transportation Alliance members. If interested please send your questions to our Education Specialist Jason Jenkins @ [jason@activetrans.org](mailto:jason@activetrans.org).

Jason Jenkins  
Education Specialist  
Active Transportation Alliance  
phone: 312-427-3325 ext. 238  
email: [jason@activetrans.org](mailto:jason@activetrans.org)  
Request Form: <http://activetrans.org/education-specialist/request>

# Safety Check ✓

From the Safety Chick

Are you ready to ride?

Air in the tires, water bottles, gloves, helmet, brightly colored jersey . . . OK, you are ready to go for a ride. Are you really ready? Do you have all the 'stuff' you need? Let's see . . .

- Tire pump
- Tube
- Patch kit
- Tire levers
- Wallet with ID
- Cell phone
- Lock/cable
- Water bottles

In my mind few things can turn a bike ride into a bad day. Being unprepared for a flat tire is one of them. I know how to fix a flat but with supplies, I still can't fix it. If you have the supplies but don't know how to fix it -- there usually seems to be a kind soul or two to help the less experienced flat fixers (thankfully). Even if you always ride with the group, having your own tools and supplies is a responsibility that is expected of all riders. Knowing how to fix a flat - a skill that you will help you feel more confident when you ride. Trust me, if I can fix a flat, you can fix a flat. (I'll even teach you.)

Need help -- two great websites  
[Sheldon brown.com/flats.html](http://Sheldon brown.com/flats.html)  
[team estrogen.com/content/asa.levers](http://team estrogen.com/content/asa.levers)

Nancy Wagner, Safety Chair

May 2010

---

## 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:** Paula Matzek, 200 W. Fairmont Pl, Mount Prospect, IL 60056

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

[www.cyclearlington.com](http://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

June 2010

Volume 38 • Number 2

*President's Column –*

## **Our Club and the Community**

I would like to highlight some of the community service and interaction we as a club have with the community. Those members who participate generate a lot of goodwill and good publicity for the club as a valued community organization as opposed to being just another bike club somewhere in the Midwest.

Our widest reach has to be through the annual Bike Swap where hundreds of people line up early to sell or purchase bikes and components. And these customers come from far and near, even a van of jerseys, bottles – the blue ones, and bike lights brought in from McHenry. Barb H., Majid, and myself teamed up to get these items “in the flow”. Comments from those attending are always complementary and the service is appreciated. Thanks again to Dave Martin for initiating and coordinating the Phase I of our Bike Swap upgrade (ver 2.0).

Within the cycling community we are reaching more cyclists than ever before with breaking attendance at our Arlington 500. Everyone loves a bike ride in the country and we provide one of the best through the efforts of our members. As most of you know, we even get compliments from those who have had a bad day i.e. an accident. And thanks again to Don Ami for heading this event up for the third year running and it keeps getting better each year. If this was hockey, they'd call it a dynasty.

Our club, now a “Club”, was once an Association linked with the park district and we are still affiliated with the Arlington Heights Park District. The District provides us with a meeting room and free table and chair setup each month. When Jim Shoemaker told the board of a need for an exercise cycle at the Park District's Senior Center, we donated the one shown in last month's newsletter. And a plaque on the wall reminds people where it came from. (Continued on Page 6)

President, Al Gibbs  
 Vice-Presidents, Christine & Dave VanDornick  
 Treasurer, Ron McPheron  
 Secretary, Ford Sakata

**Top 25 Mileage Riders**  
 as of  
**June 17, 2010**

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	Dianne Ghertner	708-524-1963
Picnic	Karin Hribar	847)577-4275
Meeting Programs	<OPEN>	
Refreshments	Jim McClure	847)705-7846
Ride Chair(s)	Chris/Dave VanDornick	847)259-7917
Tuesday Night rides	Laurie Larson	847)776-8813
Trail Rides	Contact: Al Gibbs	847)398-1376
Webmaster	Scott Schaedel	847)823-6421
Zero Mile "Rides"	Gary Gilbert	847)577-4275
Progressive Dinner	Vince & Jackie Kelley	847)259-6899
Website	www.cyclearlington.com	
Yahoo Groups email	ahbccyclists@yahoogroups.com	

1	Jim	Shoemaker	2572
2	John	Thiel	2357
3	Mitch	Polonsky	2245
4	Al	Gibbs	2198
5	David	Van Dornick	1922
6	Jim	McClure	1528
7	Paula	Matzek	1165
8	Frank	Bing	1099
9	Jack	Thomas	1052
10	Christine	Van Dornick	931
11	Richard	Carr	893
12	Ford	Sakata	868
13	Terry	Donoghue	863
14	Earle	Horwitz	833
15	Len	Geis	822
16	Reinhilde	Geis	809
17	Tom	Drabant	795
18	Barb	Pontrelli	739
19	Ron	Silverman	732
20	Vince	Kelley	620
21	Carol	Ranachowski	615
22	Karin	Hribar	583
23	AL	Berman	578
24	Sandy	Hayden	558
25	Laurie	Larson	493



## Intermediate Pace Rides

<p>Saturday, June 19 to Saturday, June 26</p> <p>GOBA Logan, Ohio</p>	<p>The GOBA Approximately 240 to 400 Miles</p>	<p>Leader: On your own or with your bike buddies</p>	<p>The 22nd Great Ohio Bicycle Adventure will take place this week with a large contingent of members from the AHBC. To get information on this wonderful invitational, weeklong ride, go to GOBA.com and learn more about it. I will pass along a sign up sheet before the ride (in the next few weeks) and riders can let me know at week's end how many of the hilly GOBA's miles they rode. My address is <a href="mailto:tdrabant@comcast.net">tdrabant@comcast.net</a> Tom</p>
<p>Saturday, June 19</p> <p>9:00 AM</p> <p>Frontier Park</p>	<p>Donoghue's Detour to Deerfield Approximately 40 Miles</p>	<p>Leader: Terry Donoghue</p>	<p>Terry's ride will take us to the village of Deerfield and include a lunch stop at Kevin's Restaurant. His address is as follows: <a href="mailto:terrydonoghue@netscape.com">terrydonoghue@netscape.com</a></p>
<p>Saturday, June 26</p> <p>9:00 AAAM Frontier Park</p>	<p>Shoe's "Soft Pedal Ride" Approximately 35 Miles</p>	<p>Leader: Jim Shoemaker</p>	<p>Jim will lead our riders "Up North" upon an adventure-filled ride with a Mystery Lunch Stop. Shoe's address and phone number are <a href="mailto:imjims@wowway.com">imjims@wowway.com</a> and 847-910-8640.</p>
<p>Saturday, 3 9:00 AM</p> <p>Frontier Park The Pavilion, Elk Grove Village, 10:00 AM</p>	<p>Paula's Roots Ride 30 or 55 Miles</p>	<p>Leader: Paula Matzek</p>	<p>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 <a href="mailto:PLMatzek@aol.com">PLMatzek@aol.com</a></p>
<p>Saturday, July 10</p> <p>9:00 AM</p> <p>Recreation Park</p>	<p>Mitch's "Bike and Swim" Ride Approximately 50 Miles</p>	<p>Leader: Mitch Polonsky</p>	<p>Mitch will take us to Lake Michigan where those who are interested may wade or swim in the lake. Bring along your swimsuit and a towel, if you wish. Mitch has planned a Mystery Lunch stop, as well. Please note that the starting point of the Ride is Recreation Park. His address is as follows: <a href="mailto:Oranges50@aol.com">Oranges50@aol.com</a></p>
<p>Saturday, July 17</p>	<p>Al's Mettawa Ride</p>	<p>Leader:</p>	<p>Al will lead us to Mettawa on a fun filled ride with a lunch stop along the way. His address is</p>

Frontier Park	Approximately 45 Miles		
Sunday, July 18 Club Picnic	TBD	TBD	Karen Hribar's home, 906 E. Crabtree Dr., Arlington Heights. 848-818-0206
Saturday, July 24 9:00 AM Frontier Park	Jim's Magical Mystery Tour Approximately 35-40 Miles	Leader: Jim Shoemaker	Shoe will take us through the Magical Land of the "River and the Woods" with a Surprise Lunch stop along the way. His address and phone number are as follows: <a href="mailto:imjims@wowway.com">imjims@wowway.com</a> and 847-910-8640.
Saturday, July 31 9:00 AM Frontier Park	Terry's Glorious Glenview Ride Approximately 40 Miles	Leader: Terry Donoghue	Terry will lead an Intermediate Ride to Glenview with a Lunch Stop in "The Glen." His address is as follows: <a href="mailto:terrydonoghue@netscape.com">terrydonoghue@netscape.com</a>
Friday, August 6, Saturday, August 7 and Sunday, August 8 Howe, Indiana	Amishland & Lakes Ride Howe, Indiana Rider's choice 25-100 Miles	Leaders: Various AHBA Members	Come out and ride through Amish Farmland over relatively flat terrain. Experience warm, friendly people and taste wonderful Amish Cuisine. Stay at the Howe Military Academy Dorms, 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 <a href="http://www.mbabike.com">www.mbabike.com</a> A number of club members will be doing this fun- filled ride, so come along and join us.

## Advanced Pace Rides

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

Bakery Rides start at 9:00 AM Tuesday and Thursday from [Willow Stream Park](#) on Old Checker Road ½ mile west of the Deerfield Bakery.

Saturday June 19 8:30 AM	Poplar Creek Trail ride Frontier Park 57 miles	Leader Van Dornicks	Paved trails and breakfast at IHOP
Saturday June 26 8:30 AM	Crystal Lake Ride Frontier Park 68 miles	Leader Van Dornicks	Some hills but a nice ride

## Trail Rides

(coordinated by Al Gibbs)

June 23	9:00	32 mi	North Branch/ Botanic Garden	Blue Star Memorial Woods	East on Euclid/Lake, past I294 and Waukegan Rd. Parking on the right just past bike path overpass in Glenview.	Paved path
---------	------	-------	---------------------------------	--------------------------	--	------------

### Trail rides for July, 2010

Date / Time	Ride Name	Starting point	Miles	Description
7/7 9:00	Fox River / McHenry Prairie Trails to Ringwood	<b>East Dundee Depot</b> Go west on Dundee to Higgins, then rt. to River Rd by DQ, turn right (north) 2 blks. Park by depot bldg on left.	46 miles	Paved trails. Eat in Crystal Lake or McHenry
7/21 9:00	Elgin / Geneva Prairie Path Loop	<b>East Dundee Depot</b> Go west on Dundee	45 miles	Paved trails. Going south this time along the Fox

		to Higgins, then rt. to River Rd by DQ, turn right (north) 2 blks. Park by depot bldg on left.		River
--	--	--	--	-------

**Leisure Ride Schedule**

**(Coordinated by Jim Shoemaker)**

Leisure rides are announced on an *ad hoc* basis on ahabcyclists list service. Anyone may join, pending moderator approval, via [cyclearlington.com](http://cyclearlington.com) website.

President's column continued –

On June 3, nine of us attended the Patton Elementary School's Bike Safety Day. After Officer Jeff Aiello spoke to the kids on helmets and bike safety, and they were dismissed from their classes, we conducted bike safety checks and fittings for new helmets some had received earlier at the safety talk. Kelly Martin from the PTA contacted me about doing this as we had the previous year for a different coordinator. (photo below)

And of course our annual donations from our events are a big contribution locally (ATA), state-wide (LIB), and nationally (Rails to Trails, Adventure cycling, and LAB). They contribute to our goals as stated in the By-Laws: "to foster goodwill and friendship between cyclists and residents" and "to advance and strive for the improvement and betterment of all public facilities and ecological improvement." Also see our brick donation to the "Strive to Revive" effort for the Arlington Heights Veterans Memorial on page 7.

As we approach our 40<sup>th</sup> year next year, I feel our contributions in dollars and effort only serve to make us a stronger club and better connected with the communities around us.

*Spoken by – Al Gibbs*



**AHBC at the Hilly Hundred in KY**

- Barb Barr was already on the road--  
-- We were happier than we looked--



l-r Barb Barr, Al Gibbs, Lynn Sakata, Liz Berry, Roger Hitchings, Marilyn Wilkerson, Paula Matzek, Kelly Martin (PTA) and 2 satisfied customers. Ron Crawford and John Amling also helped out.



## Veterans Memorial AHBC brick and new members



**Bruce Van Kessel:** My friend Joe Cralli suggested the club (AHBC). I was complaining that the McHenry club did not have a lot of rides. Also Al answered my emails, McHenry did not. I like the idea of 3 different levels of ride. I prefer the leisure, intermediate, and bakery rides. I have a Motobecane Mirage as my main road bike. A Schwinn Voyager is my commuter bike. I also have a Gary Fisher Hybrid. I like to ride 25 – 75 miles and would like to get up to 100. A favorite ride was riding with a friend on the Horsey Hundred in 2009. To me, riding is like sailing. It's you that makes the bike move. For me I feel a lot of freedom and serenity when I ride.



**Carl Pirog:** I found out about the club from a membership form in a bike shop. I like the leisure rides because Jim rides on the good weather days. At least I can go on these rides in case others are rained out. The trail rides also interest me as that has been my experience in the past. Bakery rides are good for me as I work weekends. Any distance between 30 – 50 miles is good for me. I have a Raleigh Supercross road bike. My most memorable ride was the Elroy-Sparta trail where we carried our camping gear to the campgrounds. I hope to have many enjoyable rides with AHBC as they have more interesting rides than just the trail rides I've been doing.



**Janine Reinholtz:** My friend, Lauren Williams told me about the club. I joined even before I bought a bike. I'm glad I went to a meeting and joined. Initially I started riding with the leisure group. The group was really helpful showing me how to signal, communicate with other riders, and use clipless pedals. All the members were so generous to share their knowledge with a newbie. I'm now riding with the intermediate riders on Saturday mornings and teetering between intermediate and advanced. I have a women's Fuji Finest bought in March. 10 miles is never enough but 60 requires a nap. I found the Ride of Silence to be very moving.

## Minutes from the June 9 Board Meeting ...

2104 Wren Lane  
Rolling Meadows, IL 60008

---

June 17, 2010

Arlington Heights Bicycle Club  
Regular May 2010 Board Meeting  
Meeting Date May 26, 2010

President Al Gibbs called the meeting to order at 6:37 PM at Recreation Park. Those in attendance were President Al Gibbs; Co-Ride Chair Christine Van Dornick; Club Treasurer Ron McPheron; Board member Vince Kelley; Website Manager Scott Schaedel; and Publicity Chair Gary Gilbert. The following items were discussed:

1. Membership report: as of May 20, 2010, there are 126 households and 164 individuals total.
2. Treasurer's Report: Ron reported the balance of the checking and money market accounts as follows: \$24,689 in checking and approximately \$16,000 in the money market accounts. Overall, because of one time computer and software purchases in order to transform the inventory process to a bar code from the previous paper ticket, the swap financial outcome was a loss of \$200. This was offset by the success of the Arlington 500 in which 763 riders participated. The overall financial outcome of the 500 was not yet available since some invoices were outstanding yet.
3. AHBC Picnic site and date. The date of the picnic was switched to July 18 from the 11 to avoid a conflict with the Wheeling Wheelman picnic since many are dual members. Potential hosts for the picnic are Roger Hitchings or Barbara Pontrelli.
4. Al Gibbs announced that he would not be willing to serve as president for a fourth consecutive term. A slate of officers will be presented at the September meeting and the voted on by the General Membership at the October meeting. A committee was formed to begin to solicit interest for a new president. The Committee consists of Christine Van Dornick, Vince Kelley, and Gary Gilbert.
5. A June newsletter will be posted to the website. Diane Ghertner is coordinating the newsletter.
6. The commemorative brick purchased by the AHBC has been installed at Veterans Memorial Park in Arlington Heights. The triangular park is located between Chestnut and Walnut Streets south of Euclid in Arlington Heights.
7. There will be a Bike Safety Day on June 3, 2010, at Patton School in Arlington Heights. The safety event will involve helmet fitting and bike safety checks for students at the school. Club members are asked to volunteer to assist with this event. Contact Al Gibbs for more information.
8. The subject of how to make the membership stronger will be discussed at a future meeting. It will be the AHBC 40th anniversary in 2011.

The Board meeting adjourned at 7:21 PM. The general meeting followed with a presentation by Gary Gilbert on his 2006 bike trip in Idaho.

Respectfully submitted,

Christine Van Dornick,  
Acting Secretary

## Summary:

- **Did you crash it? Replace!**
  - **Did you drop it hard enough to crack the foam? Replace.**
  - **Is it from the 1970's? Replace.**
  - **Is the outside just foam or cloth instead of plastic? Replace.**
  - **Does it lack a CPSC, ASTM or Snell sticker? Replace.**
  - **Can you not adjust it to fit correctly? Replace!!**
  - **Do you hate it? Replace.**
- 

## Did you crash in it?

For starters, most people are aware that you must replace a helmet after any crash where your head hit. The foam part of a helmet is made for one-time use, and after crushing once it is no longer as protective as it was, even if it still looks intact. Bear in mind that if the helmet did its job most people would tell you that they did not even hit their head, or did not hit their head that hard. And the thin shells on most helmets now tend to hide any dents in the foam. But if you can see marks on the shell or measure any foam crush at all, replace the helmet. (Helmets made of EPP foam do recover, but there are few EPP helmets on the market. Yours is EPS or EPU unless otherwise labeled.)

You can also crack the helmet foam or damage it by dropping the helmet on a hard surface. The cracks may be small and hard to see, so you need to look carefully. Cracks in the foam always require replacement of the helmet.

You may be reluctant to replace a helmet that looks almost as good as new, but if you did hit, you don't want to take chances on where you will hit next time. If the foam is cracked under the thin shell, it will be more likely to fly apart in your next crash. Many manufacturers will replace crashed helmets for a nominal fee, and most will also inspect crashed helmets to see if they need replacement. Call them if you are in doubt. For contact info check our [list of manufacturers](#). (You can also ask them if they think the advice on this page is valid!)

## Is it from the 70's?

If you still have a helmet from the 70's without a styrofoam liner, replace it immediately. That would include the Skidlid (with spongy foam), 1970's Pro-tec (spongy foam), Brancale (no foam) and all leather "hairnets." They just did not have the protection of helmets made after 1984 when the ANSI standard swept the junk off the market.

The better 1970's helmets were reasonably good ones, but were not quite up to current standards. It is probably time to replace that old Bell Biker, Bailen, MSR, Supergo or similar model from the 70's or early 80's. (We have a page up on [replacing the Bell Biker](#).) The hard shells were great, but the

foam liners were not thick enough to meet today's ASTM or Snell standard. The Bell V-1 Pro was designed to today's standards, but the foam is very stiff, and if you are over 65 you probably should replace that too. If you have one of the 1980's all-foam helmets with perhaps a cloth cover, we would recommend replacing that one. Lab tests showed some years ago that bare foam doesn't skid well on pavement, and could jerk your neck in a crash. The cloth doesn't help much. In addition, some of them had no internal reinforcing, and they tend to break up in a crash. That's not serious if you just fall, but if you are hit by a car the helmet can fly apart in the initial contact and leave you bare-headed for the crack on the pavement.

### **Is it newer? With what standards sticker inside?**

Newer helmets from the late 1980's and the 90's may or may not need replacement. First look to see what standards sticker is inside. If it's ASTM or Snell, the helmet was designed to meet today's standards for impact protection, and you may even find that Consumer Reports tested it in [one of their articles](#). Most manufacturers now recommend that helmets be replaced after five years, but some of that may be just marketing. (Bell now recommends every three years, which seems to us too short. They base it partially on updating your helmet technology, but they have not been improving their helmets that much over three year periods, and we consider some of their helmets since the late 1990's to be a [step backwards](#), so we would take that with a grain of salt.) Deterioration depends on usage, care, and abuse. But if you ride thousands of miles every year, five years may be a realistic estimate of helmet life. And helmets have actually been improving enough over time to make it a reasonable bet that you can find a better one than you did five years ago. It may fit better, look better, and in some cases may even be more protective. For an alternate view that agrees with the manufacturers, check out the [helmet FAQ of the Snell Foundation](#). Snell knows a lot about helmets and their views on this subject should not be dismissed lightly, even though we disagree with them.

Occasionally somebody spreads rumors that sweat and ultraviolet (UV) exposure will cause your helmet to degrade. Sweat will not do that. The standards do not permit manufacturers to make a helmet that degrades from sweat, and the EPS, EPP or EPU foam is remarkably unaffected by salt water. Your helmet will get a terminal case of grunge before it dies of sweat. Sunlight can affect the strength of the shell material, though. Since helmets spend a lot of time in the sun, manufacturers usually put UV inhibitors in the plastic for their shells that control UV degradation. If your helmet is fading or showing small cracks around the vents, the UV inhibitors may be failing, so you probably should replace it. Chances are it has seen an awful lot of sun to have that happen. Otherwise, try another brand next time and let us know what brand faded on you.

At least one shop told a customer that the EPS in his three year old helmet was now "dried out." Other sales people refer to "outgassing" and say that the foam loses gas and impact performance is affected. Still others claim that helmets lose a percentage of their effectiveness each year, with the percentage growing with age. All of that is nothing but marketing hype to sell a replacement helmet before you need it. There is some loss of aromatics in the first hours and days after molding, and helmet designers take account of that for standards testing. But after that the foam stabilizes and does not change for many years, unless the EPS is placed in an oven for some period of time and baked. The interior of your car, for example, will not do that, based on helmets we have seen and at least one lab crash test of a helmet always kept in a car in Virginia over many summers. Helmet shells can be affected by car heat, but not the foam. The Snell Memorial Foundation has tested motorcycle helmets held in storage for more than 20 years and found that they still meet the original standard. EPS is a long-lived material little affected by normal environmental factors. Unless you mistreat it we would not expect it to "dry out" enough to alter its performance for many years.

### **An honest manufacturer: MET**

The Italian company MET says in [their 2010 catalog](#):

"We are often asked 'For how long is a helmet safe?', or 'how often should I replace my helmet?'" Until now it has been difficult to find any reliable figures to help answer these queries. MET have now developed a series of tests which are conducted on aged helmets to determine a 'best before' date (unless the helmet is involved in an accident. In that case it should be replaced immediately.). The results indicate that, if used properly accordingly to our owner manual, our helmets will still do their job up to eight years after they have been made. Not only is that good news for the customer, it's great news for the environment!"

We applaud MET for undertaking an actual testing program on helmet life and for making that statement. We regard it as a triumph of integrity over marketing. MET's helmets are made with industry standard shells and liners, so there is no reason we can see that their recommendation should not be good for many other helmet brands as well. If another manufacturer comes up with a testing program that shows earlier deterioration in the protection from their products we will review this page.

In sum, we don't find the case for replacing a helmet that meets the ASTM or Snell standards that compelling if the helmet is still in good shape and fits you well.

### **Are you using it for non-bicycle activities?**

Since 2003 helmets have been available that are actually certified to skateboard or ski standards as well as the CPSC bicycle helmet standard. If you are using a bicycle helmet for skateboarding or any other sport where you crash regularly, see our writeup on [helmets for the current season](#) for more info on that. Otherwise, we would recommend buying another helmet designed for the activity you are pursuing, whether or not you replace your bike helmet. We have more on that subject on our page on [other helmets](#). Note that most "skate-style" helmets currently on the market are actually bicycle helmets certified only to the CPSC bicycle helmet standard. They have CPSC stickers inside, but no ASTM Skateboard standard sticker.

### **Do you still like wearing it?**

Your helmet is of course a piece of wearing apparel as well as a safety appliance. If you consider yourself a stylish rider and your helmet is not as spiffy as the new ones, go for it. There is nothing wrong with wanting to look good, and if you do, fashion is a valid reason to replace a helmet.

### **Is it a better helmet than the ones available today?**

As new styles have become more "squared-off" and designers have begun adding unnecessary ridges and projections that may increase the sliding resistance of a helmet shell, there is good reason to stay with one of the more rounded designs of the early to mid 90's. Those round, smooth shells like the original Bell Image that Consumer Reports rated highly in 1993 are more optimal for crashing than some of the newer designs. So think twice about "moving up," and look for a rounded, smooth-shelled design when you do. We have a lot of info on the new ones up on our page on [helmets for the current season](#).



## 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 Club

**Mail check to:** AHBC, 500 E Miner Ave, Arlington Heights, IL 60004

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

[www.cyclearlington.com](http://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

## *President's Column –*

Now that Summer's over, club meetings start again this month, specifically on the 22<sup>nd</sup>. As a reminder and for new members, we meet on the 4<sup>th</sup> Wednesday of Sept, Oct, then Jan. thru May, 7 months altogether. Again we have a room at Recreation Park, 500 E. Miner in – where else?- Arlington Heights. I'm still working on a speaker. A reminder will go out before the meeting but try to reserve this evening.

Last May at our last Board meeting, I indicated I did not want to be President for a fourth year and a committee of 3 was formed to find someone who would be interested in assuming this position. If anyone is even a little intrigued by this "offer" or just want to know what is or was going on, the minutes of our Board meetings are on the website under "Meetings."

Our two Labor Day rides had a total turnout of 34 riders, so many that the first group of 27 had to split up into 3 groups. That was a great turnout and thanks to Tom Drabant and Jim "Shoe" for having these rides scheduled.

A club milestone is coming up in 2011 as Gary Gilbert reminded us earlier this year: our 40<sup>th</sup> anniversary as a successful bicycle club. We'll have to celebrate in some special way. And as this is your club, the Board would welcome ideas on how we might do that. So share! For comparison, John's idea of a trip to Tuscany for the club was (somewhat) excessive - I suspect he was kidding.

At the coming Board meeting, we will discuss donations – whether we will or not this Fall – or as has been suggested by a Board member, use donation money to grow club membership. I mention this so that members will participate in suggesting organizations we might donate to instead of the Board making it all up and telling the members how much and where donations go to. It would be appropriate to support causes related to cycling, youth athletics, public safety - you get the idea. Article 2 in the By-Laws (see "About Us" on the website) should be a good guide on directing donations.

*Spoken by – Al Gibbs*

President, Al Gibbs  
 Vice-President, Christine & Dave VanDornick  
 Treasurer, Ron McPheron  
 Secretary, Ford Sakata

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	Dianne Ghertner	708-524-1963
Picnic	Gary Gilbert	847)577-4275
Meeting Programs	<OPEN>	
Refreshments	Jim McClure	847)705-7846
Ride Chair(s)	Chris/Dave VanDornick	847)259-7917
Tuesday Night rides	Laurie Larson	847)776-8813
Trail Rides	Al Gibbs	847)398-1376
Webmaster	Scott Schaedel	847)823-6421
Zero Mile "Rides"	Gary Gilbert	847)577-4275
Progressive Dinner	Vince & Jackie Kelley	847)259-6899

**Top 25 riders as of Sept. 15, 2010  
 (AKA the Thousand + Mile Club)**

1	Al	Gibbs	4763
2	Mitch	Polonsky	4723
3	John	Thiel	4475
4	Jim	Shoemaker	3811
5	David	Van Dornick	3774
6	Jim	McClure	2935
7	Barb	Pontrelli	2607
8	Paula	Matzek	2434
9	Vince	Kelly	2300
10	Frank	Bing	2225
11	Ford	Sakata	2168
12	Christine	Van Dornick	2146
13	Sandy	Hayden	1859
14	Ron	Silverman	1847
15	Earle	Horwitz	1839
16	Tom	Drabant	1814
17	Carol	Ranachowski	1669
18	Richard	Carr	1639
19	Jack	Thomas	1567
20	Lenard	Geis	1516
21	Cary	Cohen	1436
22	Reinhilde	Geis	1398
23	Janine	Reinholtz	1359
24	Lauren	Williams	1338
25	Virginia	Savio	1291
26	Terry	Donoghue	1252
27	Karin	Hribar	1236
28	Jackie	Kelly	1226
29	Al	Berman	1193
30	Cindy	Trent	1102
31	Diane	Gertner	1101

Call the Van Dornick's at 847-259-7917 to add rides or for ride schedule details. Tuesday Night rides start at 6:30 PM from Recreation Park in A.H.

Bakery Rides start at **9:00AM** Tuesday and Thursday from Willow Stream Park on Old Checker Road, 1/2 mile west of the Deerfield Bakery.

**Watch the website for up to date information.**

# Intermediate Pace Rides

Date and Start	Ride	Leaders	Description
Sunday, September 26	The Apple Cider Century	Leader: Rider's Choice	This is the 37th annual Apple Cider Century ride in Three Oaks Michigan. The Apple Cider Century is an annual one-day, 25, 50, 62, 75 or 100-mile bicycle tour of the orchards, forests and wine country in and around Three Oaks, Michigan. A number of riders in our club will be doing this ride, as well. For information about the ride (and to sign up) you can go to their website at <a href="http://www.applecidercentury.com/">http://www.applecidercentury.com/</a>
Apple Cider Century, Thee Oaks, Michigan			
Saturday, October 2	Al's Algonquin Adventure Ride Approximately 50 Miles	Leader: Al Gibbs	Al will lead us out to Algonquin and include a lovely lunch stop. His address is as follows: <a href="mailto:ag1bbs@yahoo.com">ag1bbs@yahoo.com</a>
Frontier Park 9:00 AM			
Saturday, October 9	Karin's Happy Hills Ride Approximately 35 Miles	Leader: Karin Hribar	Karin will lead us out through the bucolic, equine filled farms of South Barrington with a lunch stop at Einstein's Bagels in Barrington. Her address is as follows:  <a href="mailto:khribar@comcast.net">khribar@comcast.net</a>
Frontier Park 9:00 AM			
Sunday, October 10	The Associated Firefighters' Fall Fifty	Leader:Rider's Choice	Come on out and support the Firefighters of Richmond and the surrounding area as you may choose to do rides of 20, 26, 36, 50 or 62 miles . For more information, you can go to the web site at <a href="http://www.AFFBIKERIDE.org">www.AFFBIKERIDE.org</a> or call 815-678-3672.
Richmond, Illinois Fire Station7 to 11 AM			
Saturday, October 16	Terry's Ride To Highland Park Approximately 40-45 Miles	Leader: Terry Donoghue	Terry will take us upon a fun-filled Ride to Highland Park with a lunch stop at the Corner Bakery. His address is as follows:  <a href="mailto:terrydonoghue@netscape.com">terrydonoghue@netscape.com</a>
Frontier Park 9:00 AM			
Saturday, October 23	John's Mystery Ride Approximately40-	Leader:John Thiel	John will lead our club upon an adventure-filled ride, which will include a Mystery Lunch Stop. His address and phone number are: <a href="mailto:shenagold@wideopenwest.com">shenagold@wideopenwest.com</a> and 847-392-
Frontier Park9:00			

AM			
Saturday, October 30 The Pavilion, Elk Grove Village,9:00 AM	Marilyn's Zoo Ride Approximately55 Miles	Leader:Marilyn Wilkerson	Since her previous attempt was rained out, Marilyn will take us on a wonderful adventure to the Brookfield Zoo. The starting point is at the Pavilion in Elk Grove Village at the corner of Beisterfield and Wellington roads. Her address and phone number are as follows: <a href="mailto:marilynwilkerson@hotmail.com">marilynwilkerson@hotmail.com</a> and 847-439-4496. For those riders who do not wish to visit the animals at the Zoo, Marilyn will lead them back to the Pavilion. Tom Drabant has offered to introduce the other riders to his relatives at the Zoo and lead them (the other riders) back after their visit.
November, 2010 Through March, 2011	Show & Go 10:00 AM Frontier Park	Leader:Riders' Choice	TBD

## Advanced Pace Rides

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

Bakery Rides start at 9:00 AM Tuesday and Thursday from [Willow Stream Park](#) on Old Checker Road ½ mile west of the Deerfield Bakery.

Saturday Sept 25 10:00 AM	Kettle Moraine Ride LaGrange, WI at Gen'l Store 27/58 miles	Leader VanDornick	2 loops, food stop at the Gen'l Store
Saturday October 2 9:30 AM	Lakewood Bridge Ride Recreation Park 51 miles	Leader Van Dornick	Food stop in Highland Park
Saturday October 9 9:30 AM	West Dundee Ride Frontier Park 50 miles	Leader Van Dornick	Food Stop at Lukes
Saturday October 16 9:30 AM	Addison Ride Frontier Park 44 miles	Leader Van Dornick	Food Stop Aunt Millies
Saturday October 23 9:30 AM	Long Grove Cider Ride Recreation Park 39 miles	Leader Van Dornick	Food Break in Long Grove



# Trail Rides

(coordinated by Al Gibbs)

## Leisure Ride Schedule

(Coordinated by Jim Shoemaker / Jim MacClure)

Trail rides for October, 2010				
Date / Time	Ride Name	Starting point	Miles	Description
10/6 9:00	Fox River / McHenry Prairie Trails to Ringwood	<b>East Dundee Depot</b> Go west on Dundee to Higgins, then rt. to River Rd by DQ, turn right (north) 2 blks. Park by depot bldg on left.	46 miles	Paved trails. Eat in Crystal Lake or McHenry
10/20 9:00	Elgin / Geneva Prairie Path Loop	<b>East Dundee Depot</b> Go west on Dundee to Higgins, then rt. to River Rd by DQ, turn right (north) 2 blks. Park by depot bldg on left.	45 miles	Paved trails. Going south this time along the Fox River

## Leisure Rides

- courtesy of the Jims -

**LEISURE RIDES** are announced on an *ad hoc* basis on ahhccyclists Yahoo groups website.. Anyone may join, pending moderator approval, via [cyclearlington.com](http://cyclearlington.com) website.



## ***New Rider-Rick Hahn***

***Have ridden the Arlington 500 several times and have bought and sold a bike at various bike swaps.***

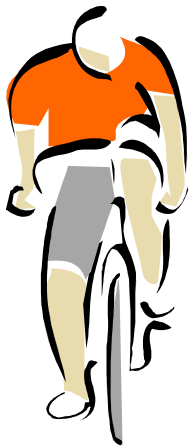
***I'm kinda in ride limbo, a little too fast for the intermediate group and way too slow for the advanced group.***

***I have four bikes. The main one is a Tierreno Razza 3.0 road bike. Then I have a Montegue foldup (bought at the swap), a Miyata 1000 LT touring bike, and an old Dave Scott Centurian as a backup road bike.***

***I ride basically everywhere, anything from grocery store runs to 70 - 80 miles. Have averaged 4800 miles a year since I retired 8 years ago. This year, if the weather holds out I might get 6500 in.***

***RAGRAI back in the late 80's was probably my most memorable ride.***

***Just like to ride. Rick Hahn***



## *New Rider- Elizabeth Berry*

How did you find out about the club? I was asked by Al Gibbs, to present my video of a Canadian Rockies ride I did last summer. Living in BG, I always wanted to ride more locally so decided to give ABC a try. Am very happy.

What level of rides do you like to do (Leisure, Intermediate, Advanced, Bakery, etc.)? I am an intermediate rider for sure. I want to cover a good distance, but I like starting early and finishing by noon. Nothing like a good workout early in the day.

What type of bike(s) do you have and like to ride? I purchased a Specialized Sirmus Sport after returning from my Canadian trip. It was similar in weight and style and I "love it". After purchasing many bikes before this, I finally have one that fits and that I hope to learn how to maintain as well.

What distances do you like to ride? I'm very happy with 30-40 miles at a good pace. I did 64 miles once so now I can say "I CAN do it, but I don't care if I ever "do it again".

What are some favorite experiences / rides you have had on a bike. I love biking to "water", jumping in cooling off, and riding home. Now I know I can bike to Lk Michigan with the club. I think that is my favorite thing to do. But I also like riding to new and different restaurants for a good ethnic meal.

Anything else? Since joining the ABC I am riding more than ever before. Never thought I'd ride 100 miles in a week, for fun. And local is the way to go. I used to drive 45 mins. to a start point with another club and then have to return home after the ride. Life is short. I'd rather be on my bike than an hour and a half in my car. So I plan to keep this up and get in the best shape of my life. Thanks to you all.

Elizabeth Berry  
Thanks for asking me to do this.

**This was sent out to the Wheeling Wheelmen club by Leo Rhee. It appears it may have originated at Vision Quest but applies to all group rides. Good stuff ...**

**Be on time.** Be ready to start riding at the posted ride start. Do not be the one pumping their tires or using the restroom as the ride begins. We often give instruction before we start and it is in your best interest to hear those instructions.

**Be prepared.** Make sure your bike is in working order, that you have proper cycling attire for the current conditions, and that you have a seat bag with money, identification, and everything necessary to fix a flat. (Helmet is required on all VQ group rides)

### **Group Ride Rules and Etiquette:**

**Be predictable** - This may be the most important rule and it involves every aspect of riding from changing positions in the group to following the [traffic rules](#). You might say that all the other rules support this one. Smooth predictable riding isn't just a matter of style...it's survival!

Have you ever been on a ride where the group stops at an intersection and people scatter all over the lane? When some riders go through on the wrong side of the road and others turn left from the right side? Some run the stop sign and others don't? It's also confusing and irritating to drivers of vehicles as they approach a situation where cyclists are going in all different directions or just blowing through! Groups should maintain integrity when approaching intersections.

**Don't overlap wheels** - This habit will get you in real trouble. Some do it from lack of concentration, others may just not know any better, but sooner or later you'll crash.

**Be steady** - This includes speed and line. If the person behind you fails to adhere to #2, you will contribute to a crash if you drift around all over the road. When everyone is working for the group, maintain a steady speed as you go to the front. Ever notice how easy it is to ride behind some folks? If you take note of their riding style you'll probably notice they don't yo-yo around in the pack. They are rock steady. When they are leading, they ride a straight line and their speed will be constant with the conditions. Sometimes steady doesn't mean speed. It means steady pressure on the pedals...uphill or downhill, headwind or tailwind. When you are following someone like this, life is good! When they are following, they don't make sudden moves or they know how to control their spacing by using their body position instead of using the brakes. Sudden braking will set off general alarms from everyone in the rear and make you very unpopular. If you do use the brakes, feather the front brake only and keep pedaling against the resistance. This allows you to moderate your speed without disturbing trailing riders

**Announce hazards** - When you are in the lead, you are responsible for the safety of everyone behind you. You will become very unpopular very quickly if people behind you keep bouncing off of potholes and running over rocks that you fail to point out. You also need to be very vocal when approaching intersections, slowing, stopping, or turning. Vocally warning the group that you are slowing for a turn will keep them out of your seat pack and upright to ride another day. Riders in the pack should relay these warnings to the rear. When you are following, announce oncoming traffic from the rear...in this case others should relay this info toward the front.

**Signal** - Signaling lets everyone (vehicles and riders) know your intentions. Remember #1? This makes you predictable. Also, it's a good idea to make eye contact with oncoming traffic at intersections. One note here, use your right arm straight out to signal a right turn. It's not cool to stick out your left arm; more importantly, it's ineffective. In a big group combine this with a loud vocal warning of your intentions.

**Don't fixate** - If you are staring at something (i.e., the wheel in front of you), you'll hit it! When you walk in a crowd, you don't stare at the back of the person in front of you so you shouldn't ride like that either. Learn to be comfortable looking around or through the riders ahead of you. This will allow you to see things that are developing in front of the group. With a little practice you will be able to "sense" how far you are off the wheel in front of you.

**Stay off aerobars** - This shouldn't require much discussion. One exception...when you are at the front pulling you can get away with it, but never, never, never when you are following a wheel. I know triathletes are more comfortable on the bars but sooner or later, if you're steering with your elbows instead of your hands in a group, you will add new meaning to the term "lunch on the road." Plus, it really ties off those behind you when you go down in a pack!

**Don't leave stragglers** - If you get separated at intersections, as a matter of courtesy, the lead group should soft pedal until the rest have rejoined. Also as a courtesy to those who may not be able to stay with the group, the pack should wait at certain points along the route to regroup, especially, at turn points and if the stragglers don't know the route. No one should be left alone. Remember this is a group ride!

**Know your limitations** - If you're not strong enough or too tired to take a turn at the front, stay near the back and let the stronger cyclists pull in front of you instead of making them go to the back of the line. This will keep them from having to pass you when you create a gap. Also, don't pull at the front faster and longer than you have energy to get back in at the rear. [Testosterone](#) and ego is a volatile mix. Plus it can get you dropped in a heartbeat.

**Change positions correctly** - A common beginner faux pas is to stop pedaling just before pulling off the front. This creates an accordion effect toward the rear. Keep a steady pressure on the pedals until you have cleared the front. After pulling off, soft pedal and let the group pull through. As the last couple riders are passing through, begin to apply more pressure to smoothly take your position at the rear. If you don't time it correctly, you'll create a gap and have to sprint to get back on.

**Climbing** - Ever been behind someone when they stood up going up hill and all of a sudden you were all over them? If you need to stand, shift up a gear to compensate for the slower cadence and stand up smoothly keeping a steady pressure on the pedals. This will keep you from moving backward relative to the rider behind you. Apply the opposite technique when changing to a sitting position. Downshift and keep a steady pressure on the pedals to avoid abrupt changes in speed.

**Descending** - The leader must overcome a much greater wind resistance as the speed increases. If you are leading, keep pedaling. If you don't, everyone behind you will eat your lunch. Riders to the rear will accelerate faster downhill as drafting becomes more effective. If you are following, back off a couple of bike lengths to compensate for the greater effects of drafting. If you are closing on the rider in front, sit up and let the wind slow you or use light braking to maintain spacing, but in both cases you should keep pedaling against the resistance. Keeping your legs moving not only makes it easier to keep the spacing, but also helps the legs get rid of the acid build up from the previous climb.

**Relax** - This one is really important. It will allow you to be smooth and responsive. If you have tense arms and get bumped from the side, the shock will go directly to the front wheel and you will swerve and possibly crash. Plus if you are tense, you are using energy you need to pedal your bike and keep up with the group. You might be labeled a "Fred" if you wear clothing that doesn't match or you still use clip pedals and downtube shifters, but you'll be a valued member of the group if you practice these riding techniques

**Closing a gap/slowing down** - Don't make erratic movements- no sudden speed changes- close gaps gradually- no sharp breaking- if your getting to close to the rider ahead- **Soft pedal**, sit up higher to catch more wind, move over slightly to catch more wind, feather your breaks a bit- avoid coasting (causing major according effect in the group and this causes accelerations and breaking eventually)

**Leading the Pack** - It is important than when you are pulling that you know where you are going- Make decisions with the safety of the entire group in mind- Do not accelerate or decelerate unless appropriate.

#### **Notes-**

Move completely off the roadway when waiting for groups, fixing flats or stopping. This is very important when we are training at the TT course. Do not congregate on the roads.

Yield to horses and runners on the DPR-

Let someone know if you are getting dropped- if you are keeping tabs on yourself you will know it before it happens!!! Drop off with someone else if you know you are going to slow soon.

Leave no trace- do not discard wrappers on the trail!

Do not half wheel (riding in slightly ahead of instead of along side of) when riding side by side- annoying- settle on a pressure and maintain it.

Only ride two abreast- stay to the right and be courteous to traffic.

## **“INJURED RESERVE” UPDATE** **By Paula Matzek**

Too many of our members have been on the “injured reserve” list this season. Some were quickly “back in the saddle,” others took longer to heal, and some are still mending.

To update, a number of members have suffered bike accidents this year, some more serious than others. The good news is that most of them are now back to outdoor riding, including **Tom D.**, **Geri M.**, **Frank B.**, **Cary C.**, **John P.**, **Earle H.**, and, most recently, **Jack T.**

We have not seen **Wayne W.** out on the road recently, and we wish him well.

Two members had surgery this year. **Jim Shoe** is recovering well and has been out riding regularly. **Lauren W.** had knee surgery recently and is still healing.

**Ken K.** is slowly but surely recovering, is riding a trainer at home, and hopes to be cleared to ride outside this fall or next spring at the latest. He misses seeing and talking to all of us.

**Merritt L.** is still in a tough battle with cancer and appreciates all of our thoughts and good wishes.

We miss our biking friends when they aren't “out here” with us. To our still-ailing members, we send healing thoughts your way.



# Progressive Dinner in Pictures



Stop #1... Gerri and Colleen served up appetizers



Stop #2 Jim and Ellen Strasma served up the salad dishes next to scenic Lake Arlington.



Salad stop sign



Stop #3

We don't know who these people are but they sure can cook! Main entrée here.

Stop#4...In case you were still hungry



Cindy Barba had dessert.

Finally, many thanks to Vince Kelly who organized the dinner. We don't have a picture of Vince but...



here is a picture of his lovely wife Jackie with another unidentified rider. We didn't think you would mind Vince.

---

## Membership Application --- Arlington Heights Bicycle Club

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 Club officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Club. 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 Club, 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 Club.*

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 Club

**Mail check to:** Arlington Hts. Bicycle Club (AHBC), 500 E. Miner Ave., Arlington Heights, IL 60004

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

[www.cyclearlington.com](http://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 Association  
500 E Miner Street  
Arlington Heights, IL - 60004