

# 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](mailto:dcmartin4@comcast.net)

Sat, May 16 – Arlington 500 Pre-Ride

MEMBERS ONLY

Contact: Don Ami 847-358-8814  
[donwaus@yahoo.com](mailto:donwaus@yahoo.com)

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

Contact: Don Ami 847-358-8814  
[donwaus@yahoo.com](mailto: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](mailto:gary.bicycles@comcast.net)

Sun, July 19 – Club Picnic at Mitch's

Contact: Mitch Polonsky 847-255-1873  
[oranges50@aol.com](mailto:oranges50@aol.com)  
(Let him know what you can bring)

Sat., Aug 15 – Progressive Dinner Ride

Contact: Vince & Jackie Kelley 847-259-6899  
[vjkelly@sbcglobal.net](mailto:vjkelly@sbcglobal.net)

date TBD– GRAIL V

Contact: Gary Gilbert 847-577-4275  
[gary.bicycles@comcast.net](mailto:gary.bicycles@comcast.net)

Sat, Nov 14 – Annual Banquet

MEMBERS ONLY

Contact: Paula Matzek (847-394-4920)  
[PLMatzek@aol.com](mailto: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](mailto:oranges50@aol.com)

Tuesday Evening Rides

Laurie Larson 847-776-8813 [larsen\\_l1@sbcglobal.net](mailto:larsen_l1@sbcglobal.net)

Wednesday Morning Trail Rides

Art Cunningham 847-963-8746 [kunspoke@sbcglobal.net](mailto:kunspoke@sbcglobal.net)

Saturday Mornings – Advanced & Intermediate Rides

Contact: Christine Van Dornick 847-259-7917  
[christiv@golencoe.com](mailto:christiv@golencoe.com)

## - Other Events of Interest -

March 22 (Sun)-- **St. Patrick's Day Invitational Ride**,  
Wauconda H.S., Wheeling Wheelmen, [www.wheelmen.com](http://www.wheelmen.com)

May 23 (Sat) to May 24 (Sun), **Blackhawk Country Roads**  
Formerly Stateline 60, Rockton, IL,  
[www.blackhawkbicycleclub.org](http://www.blackhawkbicycleclub.org)

May 23 (Sat) to May 24 (Sun), **Horsy Hundred** in KY  
[www.bgcycling.net/index.php](http://www.bgcycling.net/index.php)  
optional riding Friday before and Monday after

May 24 (Sun), **Bike the Drive**  
[www.activetrans.org](http://www.activetrans.org)

June 7 (Sat) to June 8 (Sun) – **TOMRV** (Tour of the  
Mississippi River Valley), Clinton, IA to Dubuque and back,  
[www.qcbc.org](http://www.qcbc.org)  
Contact: Scott Schaedel 847-823-6421 [scas@ameritech.net](mailto:scas@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](http://www.wisconsinbicycletours.com/foxvalley.php)

June 14 (Sun) to June 19 (Fri), **Ride the Rockies**  
Contact: Barb Pontrelli 847-259-8198, [jbpont@wowway.com](mailto:jbpont@wowway.com)

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

June 19 (Fri) - June 24 (Wed), **Bike Virginia**,  
[www.bikevirginia.org](http://www.bikevirginia.org)

June 20 (Sat) to June 27 (Sat), **GRABAAWR**  
Contact Mitch @ [oranges50@aol.com](mailto:oranges50@aol.com)

July 11 (Sat) – July 18 (Sat), **Bicycle Illinois**,  
[www.bicycleillinois.com/](http://www.bicycleillinois.com/)  
Contact: Dave Martin, [dcmartin4@comcast.net](mailto:dcmartin4@comcast.net)

July 19 (Sun) - July 25 (Sat) – **RAGBRAI**, [www.ragbrai.org](http://www.ragbrai.org)  
Contact: Barb Pontrelli 847-259-8198, [jbpont@comcast.net](mailto:jbpont@comcast.net)

July 26 (Sun) to Aug 1 (Sat) - **Bon Ton Roulet**  
Contact Mitch @ [oranges50@aol.com](mailto: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.pedalacrosswisconsin.com/northwoodsride.html>  
Contact Al Gibbs [alan.bikes@yahoo.com](mailto:alan.bikes@yahoo.com)

Aug. 8 (Sat) to Aug 9 (Sun), **Amishland and Lakes**  
Contact: Paula 847-394-4920 [plmatzek@aol.com](mailto:plmatzek@aol.com)  
<http://www.mbabike.com/amish.htm>

TBD (Sun) – **Harmon Hundred** Ride, Wilmot, WI,  
Wheeling Wheelmen, [www.wheelmen.com](http://www.wheelmen.com)

Sept 13 (Sun) – **North Shore Century**  
<http://www.evanstonbikeclub.org/nsc/>

Sept 27 (Sun) - **Apple Cider Century**  
<http://www.applecidercentury.com>

Oct 12 (Sun) – **Richmond Assoc. Firefighters Fall Fifty**  
[www.affbikeride.org/home.htm](http://www.affbikeride.org/home.htm)