

# *the* SPOKEN WORD

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March 2008

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## *President's Column*

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

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

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

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

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

- *Spoken by* Al Gibbs

## AHBA Officers 2008

President, Al Gibbs  
Vice-President, Christine 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	847-882-0418
Membership	Paula Matzek	847-394-4920
Newsletter	<OPEN>	
Picnic	Gary Gilbert	847-577-4275
Meeting Programs	<OPEN>	
Refreshments	Jim Maclure	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 25 Riders

As of 2/1/08

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

You may submit articles at:

[newsletter@cyclearlington.com](mailto:newsletter@cyclearlington.com)

## Leisure Rides

from the Jims –

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

Any questions? Please call 847.910.8640 or

[imjims@wowway.com](mailto:imjims@wowway.com). Newcomers are especially welcome.

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

Jim Shoemaker

Watch the website schedule  
for updated information

## Intermediate Ride Schedule

### April 5

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

### April 12

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

### April 19

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

**April 26 BIKE SWAP Be THERE @**  
Centennial Park

## Advanced Ride Schedule

### March 16, Sunday

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

### March 22, Saturday

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

### March 29, Saturday

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

### April 5, Saturday

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

### April 12, Saturday

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

### April 19, Saturday

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

### April 26, Saturday

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

## ***Volunteers Needed -***

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

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

## **Ride Leader Responsibilities Refresher**

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

## **Ride Leader Responsibilities (con't)**

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

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

## **Rides we DON'T want to see**

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

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

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

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

**The Rand Road Challenge Ride**  
Fox Lake and Back  
Al Gibbs



**NEXT MEETING –**

**When** - March 26, 7:30pm

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

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

**TRAIL RIDES:**

The seventh annual tour of local bike paths and touring trails kicks off on the first Wednesday of April. A unique ride features a different trail or combination of trails every week. All roadies are welcome to join in a Ride of a Different Flavor featuring scenery unmatched in our usual highway and byway rides. All April rides are on paved paths. Phone Art Cunningham at 847-963-8746 for more information on rides unless otherwise indicated on schedule. During the morning of the ride reach me on my cell phone at 630-329-4802

**April 2, 9:00, 32 miles**

**Green Bay / North Shore Canal to Lawrence Ave, Chicago**

Ternbull Woods Forest Preserve

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

**April 9, 9:00, 46 miles**

**Fox River/ McHenry Prairie Trail to Ringwood**

Start East Dundee Depot

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

**April 16**

**Chicago Lake Front Path, 10:30, 42 miles**

Start: Foster Ave Beach

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

**April 23, 9:00, 42 miles**

**Tinley Creek F. P. District Paths**

Start: Lake Katherine Park., Palos Hts.

Directions: So. I-294, to 95<sup>th</sup>, go east to Harlem, go right at College (IL 83) to 75<sup>th</sup>, go right to Katherine Dr. and park near the nature center

**April 30, 9:00, 55 mile loop**

**Medley of Trails - Poplar Creek to Ned Brown**

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

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

**-- APRIL Birthdays --**

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

*Compiled by Paula Matzek*