

# *the* SPOKEN WORD

May 2008

Volume 36 • Number 2

## *President's Column –*

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

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

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

## 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 3/1/08 (no updates)

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

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

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

### Advanced Ride Schedule (Coordinators – VanDornicks)

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

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

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

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

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

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

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

Don Ami

### **Annual donations**

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

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

Thanks to all club members who made this possible.

### **Upcoming club events**

**May 18** all day  
Arlington 500 Invitational  
Barrington High School

**May 21**  
Ride of Silence  
7 PM, Rec Park

**July 4<sup>th</sup> Parade**  
See article this issue.

### **May Birthdays**

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

- compiled by Paula Matzek

### **Membership --**

84 households  
107 members & Alan Berman

- also compiled by Paula Matzek

You may submit articles at:  
*newsletter@cyclearlington.com*

## Bike Swap Results

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

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

## Bike Swap Photos

(top photos Paula Matzek, bottom photos Al Gibbs)



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continued from Page 1)

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

Some pictures below from this issue:



**INVITATIONALS** (courtesy of *Wheeling Wheelmen* newsletter)

**May 14, 7PM Ride of Silence – Arlington Heights** 10 miles  
[rideofsilence@cyclearlington.com](mailto:rideofsilence@cyclearlington.com)

**May 17, Rock 50 / 50 Bike Tour, Janesville, WI, 22/37/60 miles**  
Contact Dean Paynter, 608.756.1832, [dpaynter2002@yahoo.com](mailto:dpaynter2002@yahoo.com)

**May 23, - 25, Horsey Hundred, Georgetown, KY, Saturday**  
35/55/75/100 miles. Sunday 37/52/70 [www.bgcycling.org](http://www.bgcycling.org)

**May 24 - 25, Blackhawk Country Roads, Rockton, IL 10/30/455/60 miles**  
\$16, after 5 / 16 \$21, [Blackhawkbicycleclub.org](http://Blackhawkbicycleclub.org)

**May 25, Bike the Drive, Chicago Ride on Lake Shore Drive, 15 / 30 miles, \$40**  
[bikethedrive.org](http://bikethedrive.org), [btd07registration@biketraffic.org](mailto:btd07registration@biketraffic.org)

**June 7 -8, TOMRV,,Tour of the Mississippi River Valley, Saturday 106 or 67 miles**  
Sunday 88 or 44 miles, [qcbc.org/tomrv](http://qcbc.org/tomrv)

## April 23, 2008 Board Meeting minutes

### Attending:

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

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

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

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

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

Treasurer: report has been submitted.

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

Program ideas for the fall are being solicited.

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

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

Meeting was adjourned at 7:25 p.m.

Scott Schaedel, Secretary



## Helmut Myths

by Ken Keifer

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

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

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

## Polling results for meeting preferences

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

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



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



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

## ***LIB Extra – from the League of Illinois Bicyclists***

Advocacy, rides, and more – for further details, check out LIB's website, [www.bikelib.org](http://www.bikelib.org)

### **“Please Don't Squeeze” Radio Ads**

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

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

### **Planning Guides Sent To Towns**

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

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

### **New! – Illinois Bicyclist Guide**

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

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

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### **Speaking of LIB - GITAP**

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

## Safety Check ✓

From the Safety Chick

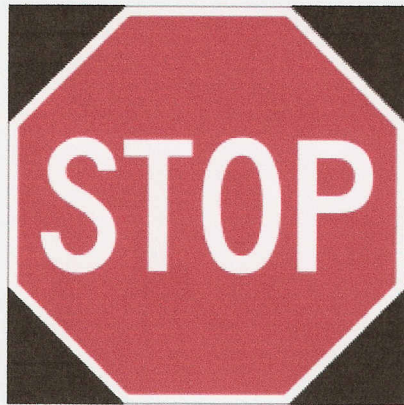
STOP . . . ARRET . . . ALTO . . . PARE . . . STOP

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

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

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

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



# Membership Application --- Arlington Heights Bicycle Association

Name (s)

\_\_\_\_\_  
Birthday (optional – may exclude year)

\_\_\_\_\_  
Address:

\_\_\_\_\_  
City/State/Zip Code:

\_\_\_\_\_  
Telephone:

\_\_\_\_\_  
E-mail Address:

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

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Family Members under the age of 18 years,

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

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

**Make checks payable to:** Arlington Heights Bicycle Association

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

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.