

the SPOKEN WORD

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President's Column –

A Dangerous Trend

I usually don't comment on safety issues and therefore leave that to our Safety Chick, Nancy Wagner, but I've noted a number of incidents where riders followed the person in front of them even though those riders if riding separately would not have made the ill-advised left turn directly in front of oncoming traffic which in turn had to stop to avoid hitting said riders. Last year Gary advised we not call out "clear" at intersections because riders might not look for themselves. What I have seen recently is club members making left turns close to oncoming traffic such that traffic has stopped. Avoid the herd mentality and ride for yourself making an independent decision on when to cross an intersection. The rest of the group will wait for you. Calling out "stopping" has always worked.

Along this same line, if someone goes through a red light (don't do that), don't follow. See the red light, stop and wait for the green. This has happened also.

Paula has put considerable effort into finding us a new place for the banquet at Yanni's in south Arlington Heights at Algonquin and Arlington Heights Roads. The club is subsidizing more of the dinner than before because of the money we all have raised this year. And so we hope to get a good crowd out this year. Thank you, Paula for your efforts. More on this later in the newsletter; it's actually Paula's email copied in case you are not on the email distribution but heard about the newsletter.

The riding season is winding down though some will never stop completely. Rides of a Different Flavor (trail rides) and scheduled Intermediate/Advanced rides end after October and Bakery Rides start at 10am on October 14, Tuesday. Leisure rides are at the discretion (read "whim") of the Jims with notification by email. Show'n go rides will continue through the months each Saturday. Try to get out on that occasional good day as they become fewer and fewer. *Spoken by – Al Gibbs*

AHBA Officers 2008

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

Arlington 500	Don Ami	847) 358-8814
Bakery Rides	Mitch Polonsky	847) 255-1873
Banquet	Paula Matzek	847) 394-4920
Bike Swap	Dave Martin	847) 991-6795
Intermediate Rides	Tom Drabant	847-290-1763
Membership	Paula Matzek	847)394-4920
Newsletter	<OPEN>	
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 9/1/08

Al Gibbs	3939
Mitch Polonsky	3204
Paula Matzek	2436
Christine VanDornick	2214
Barb Pontrelli	2108
Dave VanDornick	2052
Laurie Larson	1811
Frank Bing	1720
Art Cunningham	1647
Len Geis	1622
Earle Horwitz	1571
Tom Drabant	1548
John Thiel	1466
Reinhilde Geis	1449
Wayne Woodworth	1396
Kurt Schoenhoff	1270
Jim MacClure	1264
Bob Dominski	1194
Jim Shoemaker	1177
Vince Kelley	1158
Dave Martin	1145
Jackie Kelley	1099
Carol Ranachowski	1075
Virginia Savio	1045
Chris Wager	1016

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

Saturday October 11, 9 AM, Frontier Park	The Millie's Pancake Ride Frontier Park Approximately 45 Miles	Leader: Dianne Ghertner (773-339- 0241)	This is a familiar ride to a popular restaurant and will include flat terrain and an easy pace. (Dianne's home phone number is 708-524-1963)
Sunday, October 12 Richmond Fall Fifty 7:00-12:00	Richmond Fire Department AFFF Bike Ride	Leader: Any Interested Bikers 8, 12, 20, 30 or 50 Miles	This is a benefit for the Richmond Firefighters Association Come enjoy a day on flat to gently rolling terrain with a few good hills on the country roads of Northern McHenry County. Start at the Richmond Fire Department with rest stops at three other fire departments Information at www.atlanticride.com
Saturday, October 18, Frontier Park, 9 AM	The Happy Hills Adventure Ride, Approximately 35 Miles	Leader: Dave Martin	Dave will assume the position of Ride Leader (instead of Sweep) and lead us out to Barrington for a scenic look at the Fall Colors. Dave's contact information is as follows: 847-991-6795 and dcmartin4@comcast.net
Saturday, October 25 8:30 AM Frontier Park, 10:00 AM The Pavilion, Elk Grove Village	Halloween Hullabaloo Ride Approximately 35 or 55 miles	Leaders: Christine Van Dornick and Tom Drabant 312-882-4213	This Halloween Hullabaloo Ride will have two starting points, one from Frontier Park (8:30 AM) and one from the Pavilion in Elk Grove Village (10:00 AM) http://www.cyclistsinmotion.com/rides/maps/maps.html#ElkGrovePavilion) This is our annual Halloween Dress-up so come out and ride in your spookiest outfit (or not) as we visit or ride by 5 Cemeteries. I will provide Chili, appetizers, desserts and libations after the ride at 680-C Versailles Circle (two blocks north of Beisterfield off Wellington and Chelmsford) Please RSVP by October 18 if you plan to ride so that I can make enough chili, for all to share. My home phone is 847-290-1763 and cell is 312-882-4213 (Tom)
Show & Go, Saturdays Until next Spring, Frontier Park 10:00 AM	TBD on day of ride	TBD on day of ride	

**Advanced Ride Schedule
(Coordinators – VanDornicks)**

Saturday Oct 11 9:00 AM	Covered Bridge Ride Frontier Park 45 miles	Van Dornick	tbd
Saturday Oct 18 9:00 AM	Libertyville Loiter Frontier Park 40 miles	Van Dornick	Slightly different from Mitch's route Same good company!
Saturday Oct 25	Halloween Hullabaloo 9:00 AM Frontier Park 56 miles 10:00 AM The Pavillion 40 miles	Van Dornick to lead from Frontier Park, Tom Drabant to lead from the Pavillion	Tom is graciously hosting the Chili after the ride. Help with desserts if you can. See Intermediate Ride description of this joint ride.
Saturday Nov 1 10:00 AM	Show N Go Ride Frontier Park 30-45 miles	Distance depends on temperature and weather Van Dornick	General conditions are temps above freezing and dry pavement; we generally stop to eat.

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

Date	Time	Miles	Path/Trail	Start	Directions	Comments
10/15 9:00	Fox River/ McHenry Prairie Trail to Ringwood 46 mi	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path Phone	10/15 9:00	Fox River/ McHenry Prairie Trail to Ringwood 46 mi
10/22 9:00	Elgin- Geneva Prairie Path Loop - 45 mi.	East Dundee Depot	Dundee Rd. past IL-25 to Dundee, bear rt to E River St., park on the street by depot	Paved and well packed crushed stone	10/22 9:00	Elgin-Geneva Prairie Path Loop - 45 mi.

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

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

OLD PLANK ROAD TRAIL RIDE
(Art's Rides of a Different Flavor)

BY KRIS WOODCOCK – a Wheeling Wheelwoman

After a LONG ride down 355, (is there really life this far south?), we arrive at Pilcher Park Conservatory, an oasis of 640 acres of lush floral gardens, botanical conservatories and forest preserve—a beautiful start for our 54 mile trail ride touring the southern suburbs on several of the local trails. Robert Pilcher donated the land to Joliet in the 20's with the caveat that it always be kept as a nature/botanical habitat—lucky for us since it's a gorgeous spot! With Art as intrepid trail ride leader, Joe Irons, Dave Waycie, Al Gibbs and myself start our day's tour with a short ride through the Pilcher forest preserve—a dark and peaceful sanctuary of oak and maple forest. We pass the log cabin nature center with its display of some indigenous animals of the area—we'll get up-close and personal with them on the way back!

Once through the woods, we connect to the Hickory Creek Bikeway, a series of 3 scenic wooded trails with a number of rustic wooden bridges built over the rambling creek. It also passes by historic Schmuhl School, a one-room school house built in 1933 where I snapped a picture of the group. We then connect to the pride of the south suburbs---the Old Plank Road Trail. This 21 mile paved trail runs through New Lenox, Mokena, Matteson, Frankfort to Park Forest on an old railroad bed along Hwy 30. Needless to say it's a flat ride through wooded areas as well as wetlands and prairie landscapes. We cross a spectacular contemporary bridge over route 45—it's an A-frame steel cable bridge with pylons straddling the highway —no piers for support! We hit Frankfort around lunchtime, a charming 1890's town with a historic downtown area. Settling on the Courtyard Bistro for lunch, we had a delightful meal of pasta and salads on the patio. Duly sated, we press on to the end of the trail at busy Western Avenue. We encounter a way-too-friendly deer who won't get off the trail—after a stare-down, he reluctantly moves off. On the way back, we pass again through Frankfort and as the day was heating up, I suggested we make an un-scheduled stop at the local ice cream parlor—this was heartily agreed to by all—especially Dave who actually had seconds . . . (the funny things you learn about people on a trail ride!)

As we pull back into Pilcher, we visit the log cabin Nature Center—like kids on a 5th grade field trip, we wander through the displays of the local fauna: turtles in a small pond, aquariums filled with the local fish, a beautiful young hawk who had been rescued, and way too many examples of the local snake population---another good reason biking is **way** better than hiking! We also took a walk through the 2 botanical conservatories—a tropical environment featuring a waterfall, tropical flowers and plants as well as a desert house, complete with various cactus. All in all, it was a great day of riding and discoveries—and a long ride back home!

Editor's note: Kris regrets not mentioning Al putting his finger in the hawk cage at the nature center. In his defense, we were "like kids on a 5th grade field trip."

Upcoming programs -

October 22

Tom Jordon, RD, LDN
Licensed Dietician Nutritionist
Certified Personal Trainer

January 28, 2009

Sharon Kuhn
Certified Personal Trainer
Endurance athlete

February 25, 2009

(possible member swap of bike-related parts or silent auction for bike parts)

March 25, 2009

Brian Beamer of Cozy's Cyclery
"Never have to walk home again" program

Upcoming club events

Oct 25

Halloween Hullaballo Ride
8:30 at Frontier Park
10 at The Pavillion (Elk Grove)

Nov 15

Annual Banquet
(see article)

October Birthdays

4 Sandy Hayden
5 Terry Donoghue
6 Bob Dominski
11 Tom Repede
12 Ron McPheron
16 Gerri Toth
17 David Martin
18 Elizabeth Diaz
19 Ralph Salle
20 Richard Carr
22 Chuck Friedrich
22 Mike Jendreas
23 Kevin Keehn
25 Tom Drabant
25 Don Ami
27 Al Theede
28 Tiffany Barson
29 Nancy Wagner
29 Ruth Horwitz
30 Marianna Veitsman
- compiled by Paula Matzek

Membership -

117 households
150 members
- also compiled by Paula Matzek

New members in the club this year

Jim Strasma
Ellen Strasma
Mary Carlisle
Nick Nowicki
Deirdre Schlunegger
John Young
Patty Young
Mike Jendreas
Roger Hitchings
Tom Repede
Kim Repede

Al Berman
Fran Green-Kelner
James Hodits
Mary Ann Hodits
Richard Carr
Geoffrey Sorensen
Robert Szumal
Dorothy Szumal
Ronald Silverman
Cary Cohen
Terry Donoghue

David Ritchie
Margaret Ritchie
Gayle Kreer
Michael LeVanti
Maureen LeVanti
Glenna Sullivan
John Baruch
Debra Baruch
Dan Randolph
Ron Schmalz
Gerri Toth

Club Banquet

**YOU ARE INVITED
to the Arlington Heights Bicycle Association annual banquet!**

Please join us in celebrating another fun year of cycling!

Yanni's Greek Restaurant, 10 E. Algonquin Rd. (at Arlington Hts. Rd.), Arlington Hts.

Saturday, November 15, 2008

6:00 social hour/cocktails/ appetizers

7:00 dinner

\$15 per person for members and their spouses

\$40 per person for non-members

Price includes appetizers, soup, salad, entree, dessert, all non-alcoholic beverages, tax and tip.

Entree choices (make your choice that evening):

salmon, spinach, onion, and feta baked in filo

chicken breast with artichokes

roasted lamb

vegetarian platter

R.S.V.P. by sending a check made payable to A.H.B.A. to

Mitch Polonsky

3219 Carriageway Dr.

Arlington Hts., IL 60004

R.S.V.P. DEADLINE TUES., NOV. 4 (Election Day!)

If you have found any unique "road treasures" this year, be sure to bring them to the banquet.

If you are interested in donating to the annual Toy Ride sponsored by Amling's Cycle in Niles, please bring a new unwrapped toy to the banquet. Or, you may make a cash donation if you wish.

See you at the banquet!

(Paula Matzek)

Membership Application --- Arlington Heights Bicycle Association

Name (s)

Birthday (optional – may exclude year)

Address:

City/State/Zip Code:

Telephone: _____

E-mail Address:

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

Signature: _____

Date: _____

Signature: _____

Date: _____

Family Members under the age of 18 years,

Name: _____

Age: _____

Name: _____

Age: _____

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

Make checks payable to: Arlington Heights Bicycle Association

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

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

www.cyclearlington.com

The club offers an email based discussion group. This is frequently used for cycling tips or for late breaking news such as change in the ride schedule. See the website home page to join the group.