

# *the* SPOKEN WORD

December 2008

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*President's Column –*

It's that time of the year at this latitude when most of us store away our bikes until next year. Yet some look reality in the face and deny it; reality is so relative. Four biked to the Rise and Dine Restaurant breakfast, not quite a "zero mile breakfast" for them. Bike pictures available on page 6. Along the way, Jim Shoemaker attained 3,000 miles for the year, quite a comeback from last year's episode in a parking lot.

Speaking of Jim, he and Jim McClure initiated a Leisure class ride of slower pace and lesser distance than the Intermediate rides. This has filled a need recognized but not fulfilled for several years. It has also occurred to this author that the Intermediate ride needed a slower ride with which to validate its intermediacy i.e. those qualities that make it an Intermediate ride. Some info that Jim shared with me is that there have been 62 rides covering over 7,600 miles. Average ride distance was 25.5 miles. Over 50 different riders participated with around 10 new riders. They incurred only 4 flats, 3 by advanced riders.

So even though the ride miles have gone down, there are still club activities to bridge us over the lean months. Listed later are the "zero mile" breakfasts and dinners; the breakfasts seem to be so much more popular. On New Years day, there is a ride (optional) and Chili lunch at Tom's in Elk Grove; see the Upcoming Events section. Meetings resume on January 28 with discussion and a talk by Sharon Kuhn, Certified Personal Trainer and endurance athlete. Her talk to the Lake County club was well received.

Dianne Guertner will be the newsletter editor starting next year. Thanks for doing this. NOW, would someone like to be Program chair? This position has been vacant for at least the last year and I have speakers scheduled through March. Rob Sadowski from the renamed CBF, now the Active Transportation Alliance, will speak to the club at his request to explain their renaming and mission. This will be in February or April.

Lastly, a current roster can be obtained by emailing [president@cyclearlington.com](mailto:president@cyclearlington.com). Put "roster" in the subject line. About 35 responded to the prior email notification.

*Spoken by Al Gibbs*

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 Editor	Dianne Guertner	773)339-0241
Picnic	Gary Gilbert	847)577-4275
Program Chair	<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

### Final Top 25 riders of 2008

Al Gibbs	5211
Mitch Polonsky	4237
Paula Matzek	2977
Barb Pontrelli	2668
Christine VanDornick	2646
Dave VanDornick	2484
Art Cunningham	2476
Len Geis	2209
Laurie Larson	2164
Frank Bing	2126
<sup>025</sup> Earle Horwitz	2059
Reinhilde Geis	2005
<sup>1677</sup> Kurt Schoenhoff	1941
<sup>1466</sup> Tom Drabant	1841
<sup>781</sup> Wayne Woodworth	1835
John Theil	1774
Jim Shoemaker	1724
Vince Kelley	1692
Bob Dominski	1595
<sup>677</sup> Carol Ranachowski	1588
<sup>1158</sup> Jackie Kelley	1578
Jim McClure	1578
Virginia Savio	1507
Dave Martin	1280
Scott Schaedel	1194

## **Show'n Go Rides**

These meet at Frontier Park each Saturday at 10am. Availability of this ride is meteorologically sensitive i.e. subject to the weather.

## **Bakery Rides**

Tuesday & Thursday, 10am at Willow Stream Park on Old Checker Road in Buffalo Grove. We commonly walk for an hour if the weather is inclement and then retire to the bakery.

## **Leisure Ride Schedule**

**(Coordinated by Jim Shoemaker / Jim McClure)**

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

## **Zero Mile Ride Schedule (NOT for miles but a lot of fun)**

**- Scheduled by Gary Gilbert -**

### **Breakfast Rides (2<sup>nd</sup> Saturday @ 10AM)**

December 13 (Saturday) 10AM,  
Rise and Dine Restaurant, 102 S Milwaukee Ave, Wheeling

January 10 (Saturday) 10AM  
Eggsperience, 3970 IL-22, Long Grove west of Old McHenry Rd

February 14 (Saturday) 10AM  
Billy's Pancake House, 440 W Northwest Highway, Palatine

March 14 (Saturday) 10 AM  
Egg'Lectic Café, 2905 Algonquin, Rolling Meadows

### **Dinner Rides (Mondays @ 6:30 PM)**

January 5 (Monday) 6:30 PM  
Mrs P and Me, 100 E Prospect, Mount Prospect

February 2 (Monday) 6:30 PM  
Famous Dave's BBQ, 1101 East Dundee, Palatine

March 2 (Monday) 6:30 PM  
California Pizza Kitchen, 3 S Evergreen, Arlington Heights

## Annual List of all Riders riding 100 miles or more

Al Berman	842	Donna Ponte	504	Mary Jane Carlisle	245
Alan Gibbs	5211	Doris Wagner	252	Merritt Lewis	117
Alan Medsker	607	Dorrie Merkel	439	Milo Plavec	442
Art Cunningham	2476	Earle Horwitz	2059	Mitch Polonsky	4237
Barb Hackel	671	Frank Bing	2126	Nancy Wagner	150
Barb Kulp	118	Gary Gilbert	1035	Patty Young	197
Barbara Pontrelli	2668	Gayle Kreer	460	Paula Matzek	2977
Bena Gerber	553	Geoff Anderson	625	Peter Schnelzer	235
Bill Kragh	808	Geoff Sorenson	137	Rae Thomas	167
Bill Schwern	129	Geri McPheron	856	Ralph Salle	469
Bob Dominski	1595	Greg Konieczny	208	Reinhilde Geis	2005
Carol Ranachowski	1588	Harlan McDaniel	142	Richard Carr	882
Carole Danillo	179	Jackie Kelley	1578	Roger Lofstrand	144
Cary Cohen	330	Janice McCandless	234	Ron McPheron	962
Cathy Witt	194	Jim McClure	1578	Ron Schmalz	206
Chris Wager	1121	Jim Shoemaker	1724	Ron Silverman	236
Christina Preston	639	Jim Strasma	608	Roy Euclide	280
Christine Van Dornick	2646	John Baruch	169	Sandy Hayden	534
Cindy Barba	273	John Salemi	153	Scott Schaedel	1194
Cindy Cochran	326	John Thiel	1774	Sean Johnson	542
Cindy Trent	887	Joyce Lewis	117	Stelli Friedman	248
Cindy Zimmerman	230	Kathleen Covi	481	Steve Flack	1009
Dave Martin	1280	Ken Kanners	716	Terry Donoghue	286
Dave Van Dornick	2484	Kris Sudrovech-Ami	250	Tom Drabant	1841
Debbie Watson	134	Kurt Schoenhoff	1941	Vince Kelley	1692
Debra Baruch	169	Laurie Larson	2164	Virginia Savio	1507
Deidre Schlunegger	223	Lee Venet	273	Wayne Woodsworth	1835
Diane Ghertner	1042	Len Geis	2209		
Don Ami	437	Marilyn Wilkerson	549		

### About the Banquet

On November 15, the club had its annual banquet at Yannis in Arlington Heights. 74 members and guests showed up, more than in recent years. Our thanks to Paula for all the restaurant interviews she did prior to her final selection. Scott Schaedel was honored, in absentia as it turned out, for his work on creating our new website. Hap Holly entertained us on the keyboard. The high point of the evening was Beth's presentation of the quilt many of us had contributed to, to Christine VanDornick [see next page]. Somehow, we as a club had managed to keep it a secret, and so the surprise was complete. Thanks to Beth for all her work constructing – it's a mystery to me - the quilt.

**The VanDornick quilt by Beth Polonsky**



Photo by Paula Matzek

## Upcoming programs -

**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

December 19, 6:30 AM

**Toys for Tots Ride**  
Amling Cycle and Fitness in  
Niles

**New Years ride at Tom's**

11AM to ride, 12 to eat  
680-C Versailles Circle,  
Elk Grove  
Call Tom at 847-290-1763 or  
email [tdrabant@aol.com](mailto:tdrabant@aol.com) with  
dessert or appetizer you can  
bring.  
2 kinds of chili will be  
provided with drinks.

See **Zero Mile Breakfasts &  
Dinners** article

## December Birthdays

4 Joe Reichert  
4 John Baruch  
5 Leonard Geis  
7 David Barclay  
8 Stephanie Holly  
9 Barbara Kulp  
14 Donna Ponte  
14 Laurie Larson  
16 Jackie Kelley  
16 Gary Gilbert  
17 Paula Matzek  
18 Kris Sudrovech Ami  
21 Joan Kearney  
22 Donald Bunce  
22 Debra Baruch  
23 Cathy Dulski  
24 Greg Konieczny  
26 Dolores Hanvey  
26 Sue Freiburger  
29 Melissa Wilson  
31 Michele Maisel  
- compiled by Paula Matzek



Breakfast at the Rise and  
Dine



Breakfast at the Rise and  
Dine

## Membership –

121 households  
157 members  
- also compiled by Paula  
Matzek

### **Reminder about renewing club membership (it's that time of the year yet again)**

This is your first club-wide reminder that it is time to renew your membership for 2009. For the "everyday low price" – where have you heard that before? – of \$15, you get to associate with a great bunch of people who enjoy doing the same things often involving bikes and food. As always, there is a membership form at the end of the newsletter or it can be pulled off the website. Please send (check only) to Mitch's address listed on the form.

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# 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.