

# *the* SPOKEN WORD

May 2010

Volume 38 • Number 1

## *President's Column –*

Congratulations to all who participated in the recent Bike Swap. And for those who didn't, well, like the Cubs, there is always next year. It was however a big-time success. The new system worked efficiently and the rain held off all day with only a misting earlier in the day. Photographic evidence that we had a good time is on pages 7-8. By the May meeting we should have some financials in on how well we did.

Our second annual event, the Arlington 500, is coming up on May 16. Don's last plea for help got an overwhelming response which he / we are grateful for. The AHBC is cooperating with the Wheeling Wheelmen on the road signs. Why have duplicates when both clubs use the same yellow & black arrow signs?

Help needed: I (we) could use someone to be the Program Chair starting in the Fall. Club members often suggest topics or speakers and you can network with other Program Chairs from other clubs.

Help received: Dianne Ghertner is our new newsletter editor. She could use some articles from club members which said club members think might be interesting to other club members.

The Ride of Silence ride is on May 19, the Wednesday after the "500" at 7pm. Try to come out for this remembrance of fallen riders.

On page 6, you can see what is on the donation plaque mounted in the exercise room of the Arlington Heights Senior Center. Your club donated \$2199 for a Life Classic Series Upright Exercise Bike for the Center and the photos are there to prove it.

*Spoken by – Al Gibbs*

President, Al Gibbs  
 Vice-President, Christine & Dave VanDornick  
 Treasurer, Ron McPheron  
 Secretary, Ford Sakata

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	Dianne Ghertner	708-524-1963
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 April 15, 2010**

1	Jim	Shoemaker	1614
2	John	Thiel	1137
3	Mitch	Polonsky	847
4	Al	Gibbs	752
5	Jim	McClure	663
6	Richard	Carr	606
7	David	Van Dornick	577
8	Terry	Donoghue	476
9	Al	Berman	459
10	Tom	Drabant	399
11	Jack	Thomas	372
12	Paula	Matzek	350
13	Christine	Van Dornick	350
14	Ron	Silverman	277
15	Barb	Pontrelli	256
16	Wayne	Woodworth	240
17	Carol	Ranachows ki	235
18	Frank	Bing	224
19	Bob	Dominsky	213
20	Ford	Sakata	206
21	Laurie	Larson	197
22	Diane	Ghertner	192
23	Dave	Martin	191
24	Len	Geis	185
25	Reinhilde	Geis	185

Call the Van Dornick's at 847-259-7917 to add rides or for ride schedule details. Tuesday Night rides start at 6:30 PM from Recreation Park in A.H.

**Bakery Rides start at 9:00AM**  
 Tuesday and Thursday  
 from Willow Stream Park on Old  
 Checker Road, ½ mile west of the  
 Deerfield Bakery.

**Watch the website for up to date information.**

## Intermediate Pace Rides

Saturday, May 1 9:00 AM Frontier Park	The Millie's Restaurant Ride Approximately 35- 40 Miles	Leader: Dianne Ghertner	This ride will roll at an Intermediate Pace over flat terrain to one of our favorite restaurants, Millie's Pancake Shoppe. Dianne's address and phone number are as follows: dghert@att.net 773-339-0241 (cell)
Saturday, May 8 9:00 AM Frontier Park	The Happy Trails Ride Approximately 40- 45 Miles	Leader: Tom Drabant	Always an interesting adventure, this Ride will roll along some trails, including those through the Poplar Creek and Shoe Factory Woods Forest Preserves. The Lunch Stop will be at the Culver's Restaurant in Schaumburg. Tom's address and phone number are as follows: <a href="mailto:tdrabant@comcast.net">tdrabant@comcast.net</a> and 847-290-1763
Saturday, May 15 9:00 AM Barrington High School	Arlington 500 Pre- Ride, Members Only Approximately 30, 50 or 65 miles Barrington High School	Leaders: Various AHBA Bikers	Come on out and join us as we pre-ride our Arlington 500 (See how many miles are in 500 furlongs, too) Please contact Don Ami at 847-358-8814 or at <a href="mailto:donwaus@yahoo.com">donwaus@yahoo.com</a> to volunteer for the May 16 Event
Sunday, May 16 6:00 Am Barrington High School	Arlington 500	Leader: Don Ami	Please contact Don Ami and volunteer for our Annual Fund Raiser. See above for his contact information
Wednesday, May 19 7:00 PM Recreation Park	The Ride Of Silence	Leader: Gary Gilbert	Please join us as we honor the Fallen Bikers Contact Gary Gilbert at <a href="mailto:gary.bicycles@comcast.net">gary.bicycles@comcast.net</a> or at 847-577-4275
Saturday, May 22 9:00 AM	Frontier Park Carol's Libertyville Ride Approximately 35 miles	Leader: Carol Ranachowski	Carol will lead us on an adventure-filled ride with a mystery lunch stop. Her address is <a href="mailto:bikeck2003@yahoo.com">bikeck2003@yahoo.com</a> Carol's phone number is 847-297-4337)
Saturday, May 29 9:00 AM Frontier Park	Terry's Ride to Park Ridge Approximately 30 Miles	Leader: Terry Donoghue	Terry will take us upon a jaunt to Jason's Deli in Park Ridge His address and phone number are <a href="mailto:Terrydonoghue@netscape.com">Terrydonoghue@netscape.com</a> and 847-965-2351
Memorial Day Ride Monday, May 31 9:00 AM Winthrop Harbor McClory Trail Parking Lot	The Kenosha Ride Approximately 30 Miles at a Leisure/ Intermediate Pace	Leader: Jim Shoemaker	This is a Joint Ride with the BCLC and will take us on a Picturesque Ride along the shore of Lake Michigan. Proceed on I-94 North to rte 173, East on 173 to Lewis Avenue. Turn Left (or North) on Lewis and then Right (or East) on 9th Street to the McClory Trail Parking Lot. Shoe's phone number and address are 847-910-8640 and <a href="mailto:imjims@wowway.com">imjims@wowway.com</a>

# Advanced Pace Rides

Call the Van Dornick's at 847-259-7917 to add rides or for ride schedule details.

Bakery Rides start at 9:00 AM Tuesday and Thursday from [Willow Stream Park](#) on Old Checker Road ½ mile west of the Deerfield Bakery.

Saturday May 1 9:00 AM	Barrington Ride Frontier Park 45 Miles	Leader Van Dornick	Food Stop at Einsteins
Saturday May 8 9:00 AM	Lake Forest Ride Frontier Park 51 Miles	Leader Van Dornick	Food Stop
Saturday May 15 9:00 AM	Arlington 500 pre-ride Barrington High School 32-64 miles	Leaders decided the day of ride	Food stop, up to your distance and group bring a snack
May 16 Sunday	Arlington 500	Coordinator: Don Ami <a href="mailto:donwaus@yahoo.com">donwaus@yahoo.com</a>	Help the Club!
Saturday May 22 9:00 AM	Bartlett Ride Frontier Park 51 Miles	Leader Van Dornick	Food Stop: North of the Border
Saturday May 29 9:00 AM	Algonquin Ride Frontier Park 53 miles	Leader Van Dornick	Food stop in Algonquin
Saturday June 5 8:30 AM	Lamb's Farm Ride Frontier Park 53 Miles	Leader Van Dornick	Food stop at the Farm

## Trail Rides

(coordinated by Al Gibbs)

DATE	TIME	RIDE	MILES	START	DIRECTIONS
05/05/10	9:00	<b>North Branch Botanic Garden</b>	32	Memorial Woods Glenview	East on Lake St. past Waukegan Rd. just past Bike Pad Overpass. Parking lot on the Right.
05/19/10	9:00	<b>Des Plaines River Trail to Wadsworth</b>	40	Old School Forest Preserve Parking Lot D	IL 176 to St. Mary's Rd. south to Forest Preserve on left. Park in shelter D Lot.

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

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

**The 2010 MB Financial Bank Bike the Drive still needs  
Volunteers!**

There are plenty of opportunities before, during and after the event for volunteers to lend their time and talents to this fun event on **Sunday, May 30th**. Day of event volunteers are especially needed to register participants, distribute food to hungry riders, direct them along the route, and help break our post-event festival.

Claim your volunteer role now and enjoy these great perks:

- Day-of-event volunteers receive a complimentary pancake breakfast, t-shirt, entry in a prize raffle and a great experience.
- Pre-event volunteers can trade six volunteer hours for an event registration
- Groups of 15 or more volunteers may qualify for a \$200 donation. School groups, church groups and community organizations are welcome!

Interested volunteers should visit [www.bikethedrive.org/volunteer](http://www.bikethedrive.org/volunteer) to register or contact Margaret Kushiner at [margaret@activetrans.org](mailto:margaret@activetrans.org) or 312.427.3325 x297.

Thank you for your support and let me know if you have any other questions!

**Margaret Kushiner**

Volunteer Coordinator, Bike the Drive

Active Transportation Alliance

9 W. Hubbard Street, Suite 402

Chicago, IL 60654

P: 312.427.3325, ext. 297

F: 312.427.4907

[margaret@activetrans.org](mailto:margaret@activetrans.org) \* [www.activetrans.org](http://www.activetrans.org)

# Thank You

The Arlington Heights Park District thanks

The Arlington Heights Bicycle Club

for the donation of the

Life Fitness Classic Series Upright Bike.

(In memory of cyclist Art Cunningham)

And

Special recognition to our

2009-2010 and 2010-2011

Fun & Fit and Athletic Club Sponsor:

Home Instead Senior Care

(Kelly Hutchison, owner)

## MAY BIRTHDAYS

- 2 Debbie Watson
- 9 Ken Haas
- 11 Cathy Witt
- 15 Dianne Ghertner
- 21 Debbie Watson
- 21 Ron Schmalz
- 24 Wayne Woodworth
- 25 Evie Weber
- 29 Bruce Cruz
- 30 Kurt Schoenhoff



**Jim presenting the club check to Paula Barans at the Arlington Heights Park District Senior Center.**



**Paula, Jim, Dave, Al, and Ron with the new exercise bike your club donated.**

# Bike Swap Photos by Gary Gilbert and Dianne Ghertner



Bike Swap Photos by Paula Matzek



### **The Active Transportation Alliance Looking for “Volunteer Ambassadors Corps”**

We are currently seeking individuals from the North, West and South suburban communities as well as within the city of Chicago. This is an exciting opportunity to participate in our work at a whole new level and is exclusively available to Active Trans. Members. We would very much like to partner with regional bicycle clubs in this effort to provide bike safety education in your area. Volunteer will be trained to assist our education and membership efforts through three main activities:

1. Conducting “Learn to Ride” events within your community, during which Volunteer Ambassadors will use a simple and proven method to teach children shed their training wheels (or better yet forego them altogether) and master riding two wheels. That’s right, you will literally be teaching children how to ride a bike!!
2. Serving as support staff for “bicycle rodeos”, or bicycle skills courses wherein children ages 7-10 will have the opportunity to practice important bike riding skills such as proper helmet use, signaling, and basic bike handling skills.
3. Tabling at your community events to better inform your neighbors about how to safely engage in active transportation and to provide information about us, our work and how they can become a member.

Volunteer Ambassadors will be required to attend one of two 5 hr training sessions in May to be held on May 8<sup>th</sup> and May 16<sup>th</sup>.

(Locations are still being determined but one will probably be in the city and one in a West Suburbs to limit travel times. If you have access to a large outdoor paved space the size of a basketball court or larger and are interested in hosting please let me know. If you have a group that are interested but unable to attend one of these dates please contact me and we will see about the possibility of setting up another training.)

Volunteer Ambassadors will be expected to work with other ambassadors and members of your surrounding communities to host and conduct at least one “Learn to Ride” event within in your region (North, West, South or City) per month during the summer months with which we will provide assistance in organization and publicity. All volunteer Ambassadors must be Active Transportation Alliance members. If interested please send your questions to our Education Specialist Jason Jenkins @ [jason@activetrans.org](mailto:jason@activetrans.org).

Jason Jenkins  
Education Specialist  
Active Transportation Alliance  
phone: 312-427-3325 ext. 238  
email: [jason@activetrans.org](mailto:jason@activetrans.org)  
Request Form: <http://activetrans.org/education-specialist/request>

# Safety Check ✓

From the Safety Chick

Are you ready to ride?

Air in the tires, water bottles, gloves, helmet, brightly colored jersey . . . OK, you are ready to go for a ride. Are you really ready? Do you have all the 'stuff' you need? Let's see . . .

- Tire pump
- Tube
- Patch kit
- Tire levers
- Wallet with ID
- Cell phone
- Lock/cable
- Water bottles

In my mind few things can turn a bike ride into a bad day. Being unprepared for a flat tire is one of them. I know how to fix a flat but with supplies, I still can't fix it. If you have the supplies but don't know how to fix it -- there usually seems to be a kind soul or two to help the less experienced flat fixers (thankfully). Even if you always ride with the group, having your own tools and supplies is a responsibility that is expected of all riders. Knowing how to fix a flat - a skill that you will help you feel more confident when you ride. Trust me, if I can fix a flat, you can fix a flat. (I'll even teach you.)

Need help -- two great websites  
[Sheldon brown.com/flats.html](http://Sheldon brown.com/flats.html)  
[team estrogen.com/content/asa.levers](http://team estrogen.com/content/asa.levers)

Nancy Wagner, Safety Chair

May 2010

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## Membership Application --- Arlington Heights Bicycle Association

Name (s)

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Birthday (optional - may exclude year)

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Address:

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City/State/Zip Code:

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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:** Paula Matzek, 200 W. Fairmont Pl, Mount Prospect, IL 60056

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.