

# *the* SPOKEN WORD

## *President's Column –*

Now that Summer's over, club meetings start again this month, specifically on the 22<sup>nd</sup>. As a reminder and for new members, we meet on the 4<sup>th</sup> Wednesday of Sept, Oct, then Jan. thru May, 7 months altogether. Again we have a room at Recreation Park, 500 E. Miner in – where else?- Arlington Heights. I'm still working on a speaker. A reminder will go out before the meeting but try to reserve this evening.

Last May at our last Board meeting, I indicated I did not want to be President for a fourth year and a committee of 3 was formed to find someone who would be interested in assuming this position. If anyone is even a little intrigued by this "offer" or just want to know what is or was going on, the minutes of our Board meetings are on the website under "Meetings."

Our two Labor Day rides had a total turnout of 34 riders, so many that the first group of 27 had to split up into 3 groups. That was a great turnout and thanks to Tom Drabant and Jim "Shoe" for having these rides scheduled.

A club milestone is coming up in 2011 as Gary Gilbert reminded us earlier this year: our 40<sup>th</sup> anniversary as a successful bicycle club. We'll have to celebrate in some special way. And as this is your club, the Board would welcome ideas on how we might do that. So share! For comparison, John's idea of a trip to Tuscany for the club was (somewhat) excessive - I suspect he was kidding.

At the coming Board meeting, we will discuss donations – whether we will or not this Fall – or as has been suggested by a Board member, use donation money to grow club membership. I mention this so that members will participate in suggesting organizations we might donate to instead of the Board making it all up and telling the members how much and where donations go to. It would be appropriate to support causes related to cycling, youth athletics, public safety - you get the idea. Article 2 in the By-Laws (see "About Us" on the website) should be a good guide on directing donations.

*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<br>VanDornick | 847)259-7917  |
| Tuesday Night rides | Laurie Larson            | 847)776-8813  |
| Trail Rides         | Al Gibbs                 | 847)398-1376  |
| Webmaster           | Scott Schaedel           | 847)823-6421  |
| Zero Mile "Rides"   | Gary Gilbert             | 847)577-4275  |
| Progressive Dinner  | Vince & Jackie<br>Kelley | 847)259-6899  |

**Top 25 riders as of Sept. 15, 2010  
 (AKA the Thousand + Mile Club)**

|    |           |             |      |
|----|-----------|-------------|------|
| 1  | Al        | Gibbs       | 4763 |
| 2  | Mitch     | Polonsky    | 4723 |
| 3  | John      | Thiel       | 4475 |
| 4  | Jim       | Shoemaker   | 3811 |
| 5  | David     | Van Dornick | 3774 |
| 6  | Jim       | McClure     | 2935 |
| 7  | Barb      | Pontrelli   | 2607 |
| 8  | Paula     | Matzek      | 2434 |
| 9  | Vince     | Kelly       | 2300 |
| 10 | Frank     | Bing        | 2225 |
| 11 | Ford      | Sakata      | 2168 |
| 12 | Christine | Van Dornick | 2146 |
| 13 | Sandy     | Hayden      | 1859 |
| 14 | Ron       | Silverman   | 1847 |
| 15 | Earle     | Horwitz     | 1839 |
| 16 | Tom       | Drabant     | 1814 |
| 17 | Carol     | Ranachowski | 1669 |
| 18 | Richard   | Carr        | 1639 |
| 19 | Jack      | Thomas      | 1567 |
| 20 | Lenard    | Geis        | 1516 |
| 21 | Cary      | Cohen       | 1436 |
| 22 | Reinhilde | Geis        | 1398 |
| 23 | Janine    | Reinholtz   | 1359 |
| 24 | Lauren    | Williams    | 1338 |
| 25 | Virginia  | Savio       | 1291 |
| 26 | Terry     | Donoghue    | 1252 |
| 27 | Karin     | Hribar      | 1236 |
| 28 | Jackie    | Kelly       | 1226 |
| 29 | Al        | Berman      | 1193 |
| 30 | Cindy     | Trent       | 1102 |
| 31 | Diane     | Gertner     | 1101 |

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

| Date and Start          | Ride  | Leaders                   | Description  |
|-------------------------|---|---------------------------|--|
| Sunday,<br>September 26 | The Apple Cider Century                                       | Leader:<br>Rider's Choice | This is the 37th annual Apple Cider Century ride in Three Oaks Michigan. The Apple Cider Century is an annual one-day, 25, 50, 62, 75 or 100-mile bicycle tour of the orchards, forests and wine country in and around Three Oaks, Michigan. A number of riders in our club will be doing this ride, as well. For information about the ride (and to sign up) you can go to their website at <a href="http://www.applecidercentury.com/">http://www.applecidercentury.com/</a> |
| Saturday,<br>October 2  | Al's Algonquin Adventure Ride<br>Approximately 50 Miles       | Leader:<br>Al Gibbs       | Al will lead us out to Algonquin and include a lovely lunch stop. His address is as follows: <a href="mailto:ag1bbs@yahoo.com">ag1bbs@yahoo.com</a>  |
| Saturday,<br>October 9  | Karin's Happy Hills Ride<br>Approximately 35 Miles            | Leader:<br>Karin Hribar   | Karin will lead us out through the bucolic, equine filled farms of South Barrington with a lunch stop at Einstein's Bagels in Barrington. Her address is as follows:<br><a href="mailto:khribar@comcast.net">khribar@comcast.net</a>   |
| Sunday,<br>October 10   | The Associated Firefighters' Fall Fifty                       | Leader:Rider's Choice     | Come on out and support the Firefighters of Richmond and the surrounding area as you may choose to do rides of 20, 26, 36, 50 or 62 miles . For more information, you can go to the web site at <a href="http://www.AFFBIKERIDE.org">www.AFFBIKERIDE.org</a> or call 815-678-3672.   |
| Saturday,<br>October 16 | Terry's Ride<br>To Highland Park<br>Approximately 40-45 Miles | Leader:<br>Terry Donoghue | Terry will take us upon a fun-filled Ride to Highland Park with a lunch stop at the Corner Bakery. His address is as follows:<br><a href="mailto:terrydonoghue@netscape.com">terrydonoghue@netscape.com</a>  |
| Saturday,<br>October 23 | John's Mystery Ride<br>Approximately 40-45 Miles              | Leader:John Thiel         | John will lead our club upon an adventure-filled ride, which will include a Mystery Lunch Stop. His address and phone number are: <a href="mailto:shenagold@wideopenwest.com">shenagold@wideopenwest.com</a> and 847-392-3333  |

|   |   |                             |  |
|---|---|-----------------------------|--|
| AM  |   |                             |  |
| Saturday,<br>October<br>30<br>The<br>Pavilion,<br>Elk Grove<br>Village,9:00<br>AM | Marilyn's<br>Zoo Ride<br>Approximately55<br>Miles | Leader:Marilyn<br>Wilkerson | Since her previous attempt was rained out, Marilyn will take us on a wonderful adventure to the Brookfield Zoo. The starting point is at the Pavilion in Elk Grove Village at the corner of Beisterfield and Wellington roads. Her address and phone number are as follows: <a href="mailto:marilynwilkerson@hotmail.com">marilynwilkerson@hotmail.com</a> and 847-439-4496. For those riders who do not wish to visit the animals at the Zoo, Marilyn will lead them back to the Pavilion. Tom Drabant has offered to introduce the other riders to his relatives at the Zoo and lead them (the other riders) back after their visit. |
| November,<br>2010<br>Through<br>March,<br>2011                                    | Show & Go<br>10:00 AM<br>Frontier Park            | Leader:Riders'<br>Choice    | TBD  |

## 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<br>Sept 25<br>10:00 AM   | Kettle Moraine Ride<br>LaGrange, WI at Gen'l Store<br>27/58 miles | Leader VanDornick  | 2 loops, food<br>stop at the<br>Gen'l Store |
| Saturday<br>October 2<br>9:30 AM  | Lakewood Bridge Ride<br>Recreation Park<br>51 miles               | Leader Van Dornick | Food stop in<br>Highland Park               |
| Saturday<br>October 9<br>9:30 AM  | West Dundee Ride<br>Frontier Park<br>50 miles                     | Leader Van Dornick | Food Stop at<br>Lukes                       |
| Saturday<br>October 16<br>9:30 AM | Addison Ride<br>Frontier Park<br>44 miles                         | Leader Van Dornick | Food Stop Aunt<br>Millies                   |
| Saturday<br>October 23<br>9:30 AM | Long Grove Cider Ride<br>Recreation Park<br>39 miles              | Leader Van Dornick | Food Break in<br>Long Grove                 |

# Trail Rides

(coordinated by Al Gibbs)

## Leisure Ride Schedule

(Coordinated by Jim Shoemaker / Jim MacClure)

| Trail rides for October, 2010 |  |  |          |   |
|-------------------------------|--|--|----------|---|
| Date / Time                   | Ride Name                                      | Starting point   | Miles    | Description   |
| 10/6 9:00                     | Fox River / McHenry Prairie Trails to Ringwood | <b>East Dundee Depot</b><br>Go west on Dundee to Higgins, then rt. to River Rd by DQ, turn right (north) 2 blks. Park by depot bldg on left. | 46 miles | Paved trails. Eat in Crystal Lake or McHenry            |
| 10/20 9:00                    | Elgin / Geneva Prairie Path Loop               | <b>East Dundee Depot</b><br>Go west on Dundee to Higgins, then rt. to River Rd by DQ, turn right (north) 2 blks. Park by depot bldg on left. | 45 miles | Paved trails. Going south this time along the Fox River |

## Leisure Rides

- courtesy of the Jims -

**LEISURE RIDES** are announced on an *ad hoc* basis on ahhccyclists Yahoo groups website.. Anyone may join, pending moderator approval, via [cyclearlington.com](http://cyclearlington.com) website.



## ***New Rider-Rick Hahn***

***Have ridden the Arlington 500 several times and have bought and sold a bike at various bike swaps.***

***I'm kinda in ride limbo, a little too fast for the intermediate group and way too slow for the advanced group.***

***I have four bikes. The main one is a Tierreno Razza 3.0 road bike. Then I have a Montegue foldup (bought at the swap), a Miyata 1000 LT touring bike, and an old Dave Scott Centurian as a backup road bike.***

***I ride basically everywhere, anything from grocery store runs to 70 - 80 miles. Have averaged 4800 miles a year since I retired 8 years ago. This year, if the weather holds out I might get 6500 in.***

***RAGRAI back in the late 80's was probably my most memorable ride.***

***Just like to ride. Rick Hahn***



## *New Rider- Elizabeth Berry*

How did you find out about the club? I was asked by Al Gibbs, to present my video of a Canadian Rockies ride I did last summer. Living in BG, I always wanted to ride more locally so decided to give ABC a try. Am very happy.

What level of rides do you like to do (Leisure, Intermediate, Advanced, Bakery, etc.)? I am an intermediate rider for sure. I want to cover a good distance, but I like starting early and finishing by noon. Nothing like a good workout early in the day.

What type of bike(s) do you have and like to ride? I purchased a Specialized Sirmus Sport after returning from my Canadian trip. It was similar in weight and style and I "love it". After purchasing many bikes before this, I finally have one that fits and that I hope to learn how to maintain as well.

What distances do you like to ride? I'm very happy with 30-40 miles at a good pace. I did 64 miles once so now I can say "I CAN do it, but I don't care if I ever "do it again".

What are some favorite experiences / rides you have had on a bike. I love biking to "water", jumping in cooling off, and riding home. Now I know I can bike to Lk Michigan with the club. I think that is my favorite thing to do. But I also like riding to new and different restaurants for a good ethnic meal.

Anything else? Since joining the ABC I am riding more than ever before. Never thought I'd ride 100 miles in a week, for fun. And local is the way to go. I used to drive 45 mins. to a start point with another club and then have to return home after the ride. Life is short. I'd rather be on my bike than an hour and a half in my car. So I plan to keep this up and get in the best shape of my life. Thanks to you all.

Elizabeth Berry  
Thanks for asking me to do this.

**This was sent out to the Wheeling Wheelmen club by Leo Rhee. It appears it may have originated at Vision Quest but applies to all group rides. Good stuff ...**

**Be on time.** Be ready to start riding at the posted ride start. Do not be the one pumping their tires or using the restroom as the ride begins. We often give instruction before we start and it is in your best interest to hear those instructions.

**Be prepared.** Make sure your bike is in working order, that you have proper cycling attire for the current conditions, and that you have a seat bag with money, identification, and everything necessary to fix a flat. (Helmet is required on all VQ group rides)

### **Group Ride Rules and Etiquette:**

**Be predictable** - This may be the most important rule and it involves every aspect of riding from changing positions in the group to following the [traffic rules](#). You might say that all the other rules support this one. Smooth predictable riding isn't just a matter of style...it's survival!

Have you ever been on a ride where the group stops at an intersection and people scatter all over the lane? When some riders go through on the wrong side of the road and others turn left from the right side? Some run the stop sign and others don't? It's also confusing and irritating to drivers of vehicles as they approach a situation where cyclists are going in all different directions or just blowing through! Groups should maintain integrity when approaching intersections.

**Don't overlap wheels** - This habit will get you in real trouble. Some do it from lack of concentration, others may just not know any better, but sooner or later you'll crash.

**Be steady** - This includes speed and line. If the person behind you fails to adhere to #2, you will contribute to a crash if you drift around all over the road. When everyone is working for the group, maintain a steady speed as you go to the front. Ever notice how easy it is to ride behind some folks? If you take note of their riding style you'll probably notice they don't yo-yo around in the pack. They are rock steady. When they are leading, they ride a straight line and their speed will be constant with the conditions. Sometimes steady doesn't mean speed. It means steady pressure on the pedals...uphill or downhill, headwind or tailwind. When you are following someone like this, life is good! When they are following, they don't make sudden moves or they know how to control their spacing by using their body position instead of using the brakes. Sudden braking will set off general alarms from everyone in the rear and make you very unpopular. If you do use the brakes, feather the front brake only and keep pedaling against the resistance. This allows you to moderate your speed without disturbing trailing riders

**Announce hazards** - When you are in the lead, you are responsible for the safety of everyone behind you. You will become very unpopular very quickly if people behind you keep bouncing off of potholes and running over rocks that you fail to point out. You also need to be very vocal when approaching intersections, slowing, stopping, or turning. Vocally warning the group that you are slowing for a turn will keep them out of your seat pack and upright to ride another day. Riders in the pack should relay these warnings to the rear. When you are following, announce oncoming traffic from the rear...in this case others should relay this info toward the front.

**Signal** - Signaling lets everyone (vehicles and riders) know your intentions. Remember #1? This makes you predictable. Also, it's a good idea to make eye contact with oncoming traffic at intersections. One note here, use your right arm straight out to signal a right turn. It's not cool to stick out your left arm; more importantly, it's ineffective. In a big group combine this with a loud vocal warning of your intentions.

**Don't fixate** - If you are staring at something (i.e., the wheel in front of you), you'll hit it! When you walk in a crowd, you don't stare at the back of the person in front of you so you shouldn't ride like that either. Learn to be comfortable looking around or through the riders ahead of you. This will allow you to see things that are developing in front of the group. With a little practice you will be able to "sense" how far you are off the wheel in front of you.

**Stay off aerobars** - This shouldn't require much discussion. One exception...when you are at the front pulling you can get away with it, but never, never, never when you are following a wheel. I know triathletes are more comfortable on the bars but sooner or later, if you're steering with your elbows instead of your hands in a group, you will add new meaning to the term "lunch on the road." Plus, it really ties off those behind you when you go down in a pack!

**Don't leave stragglers** - If you get separated at intersections, as a matter of courtesy, the lead group should soft pedal until the rest have rejoined. Also as a courtesy to those who may not be able to stay with the group, the pack should wait at certain points along the route to regroup, especially, at turn points and if the stragglers don't know the route. No one should be left alone. Remember this is a group ride!

**Know your limitations** - If you're not strong enough or too tired to take a turn at the front, stay near the back and let the stronger cyclists pull in front of you instead of making them go to the back of the line. This will keep them from having to pass you when you create a gap. Also, don't pull at the front faster and longer than you have energy to get back in at the rear. [Testosterone](#) and ego is a volatile mix. Plus it can get you dropped in a heartbeat.

**Change positions correctly** - A common beginner faux pas is to stop pedaling just before pulling off the front. This creates an accordion effect toward the rear. Keep a steady pressure on the pedals until you have cleared the front. After pulling off, soft pedal and let the group pull through. As the last couple riders are passing through, begin to apply more pressure to smoothly take your position at the rear. If you don't time it correctly, you'll create a gap and have to sprint to get back on.

**Climbing** - Ever been behind someone when they stood up going up hill and all of a sudden you were all over them? If you need to stand, shift up a gear to compensate for the slower cadence and stand up smoothly keeping a steady pressure on the pedals. This will keep you from moving backward relative to the rider behind you. Apply the opposite technique when changing to a sitting position. Downshift and keep a steady pressure on the pedals to avoid abrupt changes in speed.

**Descending** - The leader must overcome a much greater wind resistance as the speed increases. If you are leading, keep pedaling. If you don't, everyone behind you will eat your lunch. Riders to the rear will accelerate faster downhill as drafting becomes more effective. If you are following, back off a couple of bike lengths to compensate for the greater effects of drafting. If you are closing on the rider in front, sit up and let the wind slow you or use light braking to maintain spacing, but in both cases you should keep pedaling against the resistance. Keeping your legs moving not only makes it easier to keep the spacing, but also helps the legs get rid of the acid build up from the previous climb.

**Relax** - This one is really important. It will allow you to be smooth and responsive. If you have tense arms and get bumped from the side, the shock will go directly to the front wheel and you will swerve and possibly crash. Plus if you are tense, you are using energy you need to pedal your bike and keep up with the group. You might be labeled a "Fred" if you wear clothing that doesn't match or you still use clip pedals and downtube shifters, but you'll be a valued member of the group if you practice these riding techniques

**Closing a gap/slowing down** - Don't make erratic movements- no sudden speed changes- close gaps gradually- no sharp breaking- if your getting to close to the rider ahead- **Soft pedal**, sit up higher to catch more wind, move over slightly to catch more wind, feather your breaks a bit- avoid coasting (causing major according effect in the group and this causes accelerations and breaking eventually)

**Leading the Pack** - It is important than when you are pulling that you know where you are going- Make decisions with the safety of the entire group in mind- Do not accelerate or decelerate unless appropriate.

#### **Notes-**

Move completely off the roadway when waiting for groups, fixing flats or stopping. This is very important when we are training at the TT course. Do not congregate on the roads.

Yield to horses and runners on the DPR-

Let someone know if you are getting dropped- if you are keeping tabs on yourself you will know it before it happens!!! Drop off with someone else if you know you are going to slow soon.

Leave no trace- do not discard wrappers on the trail!

Do not half wheel (riding in slightly ahead of instead of along side of) when riding side by side- annoying- settle on a pressure and maintain it.

Only ride two abreast- stay to the right and be courteous to traffic.

## **“INJURED RESERVE” UPDATE** **By Paula Matzek**

Too many of our members have been on the “injured reserve” list this season. Some were quickly “back in the saddle,” others took longer to heal, and some are still mending.

To update, a number of members have suffered bike accidents this year, some more serious than others. The good news is that most of them are now back to outdoor riding, including **Tom D.**, **Geri M.**, **Frank B.**, **Cary C.**, **John P.**, **Earle H.**, and, most recently, **Jack T.**

We have not seen **Wayne W.** out on the road recently, and we wish him well.

Two members had surgery this year. **Jim Shoe** is recovering well and has been out riding regularly. **Lauren W.** had knee surgery recently and is still healing.

**Ken K.** is slowly but surely recovering, is riding a trainer at home, and hopes to be cleared to ride outside this fall or next spring at the latest. He misses seeing and talking to all of us.

**Merritt L.** is still in a tough battle with cancer and appreciates all of our thoughts and good wishes.

We miss our biking friends when they aren't “out here” with us. To our still-ailing members, we send healing thoughts your way.

# Progressive Dinner in Pictures



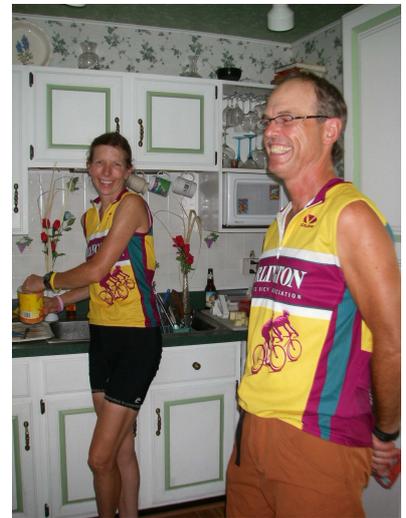
Stop #1... Gerri and Colleen served up appetizers



Stop #2 Jim and Ellen Strasma served up the salad dishes next to scenic Lake Arlington.



Salad stop sign



Stop #3

We don't know who these people are but they sure can cook! Main entrée here.

Stop#4...In case you were still hungry



Cindy Barba had dessert.

Finally, many thanks to Vince Kelly who organized the dinner. We don't have a picture of Vince but...



here is a picture of his lovely wife Jackie with another unidentified rider. We didn't think you would mind Vince.

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## Membership Application --- Arlington Heights Bicycle Club

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 Club officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Club. 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 Club, 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 Club.*

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 Club

**Mail check to:** Arlington Hts. Bicycle Club (AHBC), 500 E. Miner Ave., 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.



Arlington Heights Bicycle Association  
500 E Miner Street  
Arlington Heights, IL - 60004