


The McHenry County

PEDALER



The Newsletter of the McHenry County Bicycle Club
Pedaling Together Since 1980

October 2007

2007 MCBC Board of Directors

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To Join or Renew

Send your \$15 check and
completed membership form to:

MCBC Membership
P.O. Box 917
Crystal Lake, IL
60039-0917

The updated Event Schedule is
available at:

www.mchenrybicycleclub.org

Don't forget!

McHenry County Bicycle Club's Annual Banquet

Crystal Lake Country Club
721 Country Club Road
Crystal Lake, IL

November 10, 2007

6:00 p.m. Cocktails
6:30 p.m. Business Meeting
& Election of Officers
7:00 p.m. Dinner followed
by
the Award Ceremony

Price: \$14.00/person
Please make reservations by
November 1

Send checks payable to:
MCBC
P.O. Box 917
Crystal Lake, IL 60039

NEXT MEETING

Wednesday, October 17
7:00 p.m.
McHenry Township
Building, Rt. 31 and
Johnsburg Road

PROGRAM

"Two Bikes & A Map"
Kathy and Eric Schram
have taken over the three
great rides of Wisconsin.
See and hear all about
these rides.

Sam Wexler

*Life is like riding a bicycle.
To keep your balance you
must keep moving.
Albert Einstein.*

Char Wexler

**Have you recently changed
your e-mail or home
address? Help keep MCBC
records up-to-date. If you
have a change, please
contact:**

margen9ec@comcast.net

HAPPINESS IS __



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SUPPORT YOUR

CLUB WEBSITE!

Log on often

And
Tell your
Friends

www.mchenrybicycleclub.org

The end of the cycling year is fast coming to a close. The weather during the early spring was not conducive to much riding; however, it seemingly is making up for it in late summer.

I had some personal riding goals set for myself this year - to ride more miles than I have in the two years since joining the Club and to ride a Century event. I will accomplish both of these goals by the end of this month.

An end is also coming to my tenure as President of the Club. It has been a rewarding position for me. I have had the good fortune to have fellow Board Members who have given their time and effort for the well being of the Club. I would like to thank Marge, Cathy, Sam, Tom and Mary Lou. It has been a pleasure serving with you.

The Club's By-Laws state that a Board Member can only serve two consecutive years in one elected position, and four consecutive years in two elected positions. Cathy, Tom and I have agreed to remain on the Board, which leaves three vacant positions: President, Recording Secretary and Treasurer. Anne and Connie will act as the Nominating Committee. If any members are interested in any of these positions, please contact Anne or Connie immediately. Your time invested will make us a stronger Club. The election of Officers will take place at the Annual Banquet/General Meeting on Saturday, November 10.

Good News - Pat Minard, Barb Mahr, Tom Baer, George Mann and Rennie Ballagh are back riding again. Both Ann Wall and Dorwin Blair are well on their way to successful recoveries from their surgeries. Lydia Waterloo is recovering from a non-bicycling accident a couple of weeks ago. We wish her a speedy recovery. This past month Mary Winkel, my wife, Mary Lou, and I rode the Harmon Hundred. This was my wife's first 100-mile ride. She started riding 2 years ago. Way to go! We are proud to add our names to the list of MCBC Centurions. This year's Banquet is on Saturday, November 10 at the Crystal Lake Country Club, 721 Country Club Road, Crystal Lake. This will be a wonderful evening, with great food and great camaraderie. We would like all new members or those who have never attended to join us.

Happiness is: Enjoying life to its fullest

MCBC is a Not-For-Profit Social Club, which donates significant funds from our invitational to Bicycling Organizations. MCBC has no employees or otherwise paid or compensated Club Members or Officers.

October, 2007 Event Schedule

Rides start promptly at the times indicated. Please allow enough time to get yourself and your bike ready to ride. Bikes should be in good working order. **DON'T FORGET YOUR HELMET!**

Date/Time	Description	Leader Info.	Directions
	WEEKLY RIDES		
Sundays 7:00 a.m.	Fast Folly (Road or Mountain Bike Mania?) Join Dean and Sandy Setzler for an early fast ride; great training ride for the animals. Call Dean the day before for details.	Ride Leader - Dean Setzler 815-675-6251	Intermatic Plaza south parking lot. Rte. 12 and Spring Grove Rd.
Tuesdays 9:30 AM.	The Great Northwest. Varied routes to Hebron, Harvard and Woodstock; 25 to 35 miles round trip.	Ride Leaders— 10/2 Mary Winkel tigger@joltmail.com 815-653-0078 10/9, 10/16 Dick & Marge May margen9ec@comcast.net 847-838-3626 10/23, 10/30 Mary Winkel tigger@joltmail.com 815-653-0078	Keystone Canoe Base, Barnard Mill and Keystone Roads, Wonder Lake, IL
.Thursdays 9:30 AM	Southern Wisconsin Twin Lakes, Lake Geneva, Burlington. Varied routes; 25 to 40 miles round trip.	Ride Leaders – Geoff Mumford mumfordg@charter.net 262-877-9132	Veterans' Memorial Park, Fellows St. and County H, Genoa City, WI
Saturdays	Varied routes from Keystone Canoe Basin, Genoa City and other locations. Watch Event emails for details	See <i>Rides and Events</i>	Watch Event emails for details
Sundays	Varied routes and start locations	See <i>Rides and Events</i>	Watch Event emails for details

RIDES AND EVENTS

<p>Saturday, 10/6 9:30 AM</p>	<p>Join Geoff Mumford for a ride to beautiful downtown Kansasville, WI</p>	<p>Geoff Mumford mumfordg@charter.net 262-877-9132</p>	<p>Watch Event emails for starting locations</p>
<p>Saturday, 10/13 10 AM</p>	<p>Enjoy the Fall Colors along the Des Plaines River with Dick and Jackie Homan. The ride is approximately 30 miles in length. Stop midway for lunch at Eloise Chicago Deli</p>	<p>Dick and Jackie Homan dickandjackie@mac.com 847 587-6234</p>	<p>Adler's Park Libertyville- Directions take Rt. 137 to Rt. 21 Milwaukee Avenue turn south and Adler Park is the first stop light- turn left and meet at the last parking lot.</p>
<p>Sunday, Oct 14 Start times from 8 AM - Noon</p>	<p>Jay Marshall hosts the first annual Richmond Firefighters' Firefighters Fall Fifty benefit ride. Routes of 50, 30, 20, 12.5 and 8 miles are available. A pig roast follows the ride. For more information see their website at: http://www.affbikeride.org/home.htm</p>	<p>Jay Marshall jmarshall@antioch34.com 815-678-2176</p>	<p>Richmond Fire Station is on Hunter Drive and Route 12 in Richmond. See their website for directions.</p>
<p>Saturday, Oct 20 9:30 AM</p>	<p>Ruth & Dorwin Blair's Long Prairie Trail Ride. 18 to 29 miles on paved trail. Lunch stop midway. Choose your own pace and distance</p>	<p>Ruth Blair dorandruth@charter.net 815-943-7884</p>	<p>Take Hwy 173 west from Harvard through Capron and Right on County Line Road for 1/4 mile. (About 5 miles)</p>
<p>Saturday 10/27 9:30 AM</p>	<p>Geoff Mumford hosts his annual Cemetery Ride in search of the "Final Rest Stop".</p>	<p>Geoff Mumford mumfordg@charter.net 262-877-9132</p>	<p>Veterans' Memorial Park, Fellows St. and County H, Genoa City, WI</p>



MCBC 2007 CAMPING TRIPS

Ruth Blair – camp coordinator

(815) 943-7884 dorandruth@charter.net

This is an abbreviated schedule for the 2007 camping trips. You can get complete details about each trip on the MCBC web site by clicking on schedule/events: www.mchenrybicycleclub.org or by contacting the hosts.

Days listed are for Wednesday through Monday, but some campers do extend the days to arrive earlier. You need to reserve the days you can go and let the camping hosts know. Non-campers are welcome to join the group and stay in nearby motels.

OCT 3-8 Last Camp Out of 2007

All are invited to experience the final camp out of the season October 3-8. We'll be heading north once again but to a brand new location....Madison Wisconsin! We found a delightful County Park south of the city which can accommodate tents and motor home. In addition, it affords us the luxury of being able to access a paved trail which will guide us on our "La tour De Madison". Another ride feature an excursion out to Mt. Horeb, via the Military Ridge Trail which is both paved and packed limestone. There we'll see the Mustard Museum as well as partake in the local Fall festivities. Several "cultural opportunities" will be available as well.

For more information, call Anne Lunk @ [815] 455-9239 or e-mail aanno@mc.net

Reservations can be made at the Lake Farm County Park through Dane County Parks [608]246-3896 Non campers have the option of staying at nearby motels.

Come join us.

See what you've been missing!

All campgrounds have electricity hookups and nice washrooms. If you want to be added to the MCBC camper's list to receive advance information please let Ruth know.

-----MCBC TRAVEL TRIPS-----



Biking the Trails/ Roads of Aspen

In our continuing reports of our favorite trails for biking, we feature the trails of the Aspen area. Jackie and I visited the Aspen area during the month of August this year. We spent a total of six days and had perfect weather clear and cool. We decided to stay at the Snowmass village area due to its location and price. Aspen is out of the question and Basalt has no places to stay. Snowmass is located in the perfect spot- halfway between Aspen and Basalt. It is easy to find a reasonable place in Snowmass since they have overbuilt condos and few of them are used in the summer.

We learned from experience not to ride on the super steep bike trails at Snowmass and dangerous busy roads. Put the bike in the car and drive down to Route 82. Turn left and takes the first right down to Jaffey Park; it's the only way to go. You can start your ride here and go toward Aspen, Basalt or Carbondale. The Rio Grande is the name of the trail named after the infamous train. The trail is only dirt going toward Aspen. Going the other way it's paved all the way to Basalt or Carbondale. The ride into Aspen and back is around 15 miles after riding around the town of Aspen. The ride to Basalt and back is about 20 miles and the ride to Carbondale is a round trip of 40 miles. All towns have lots of places to eat lunch and all are extremely bike friendly. The neat thing about the trail riding is you can enjoy the mountains without the climbing.

If you insist on doing some climbing as Jackie does all the time, take two of the most famous road rides. You can ride up to the Maroon Bells and hike around the lake. The road is closed to cars about 2 miles up the 10-mile climb. The climb is long but gradual, so figure one hour up and 10 minutes down. The second climb is up to the ghost town of Ashcroft- it is 14 miles up. It took us about 90 minutes to gradually climb in our granny gear and about 20 minutes to fly down. Bring your camera you will want to take a lot of pics going up.

For further information contact us at dickandjackie@mac.com

Dick and Jackie Homan



WHEN THIN IS FAT

Turns out that what's on the inside counts even more than we used to think. A new study shows that people who are extremely thin but inactive may actually be "fatter" than heavier individuals who exercise. That's because people who are slim and sedentary are more likely to have deposits of internal fat in areas not visible to the eye, such as around the heart and liver. According to the study's lead researcher, Jimmy Bell, M.D. of London's Imperial College, outwardly thin individuals who are inwardly borderline obese usually eat too many sugary foods and exercise too little to work them off. This, in turn, increases the risk of heart disease.

Bottom Line: Here's a good reason to get your sedentary co-worker riding, even if he/she says he/she at his/her ideal weight.

RIDE AND LIVE LONGER

Cycling can do more than whip you into the best shape of your life. It may also improve your longevity, as long as the pedaling continues after your group ride. A study recently published in the American Journal of Epidemiology tracked the mortality rates of 67,143 women over a span of more than five years. In addition to regular exercise, those who performed more non-exercise physical activity, including riding a bike for transportation, reduced their risk of early death by anywhere from 20 to 50%.

Bottom Line: Beyond just exercise, it's overall activity that makes for a healthier and perhaps even longer life.

DIFFERENT STROKES

Cyclists have debated the pedal stroke for decades; however, a new study published by the American College of Sports Medicine set out to provide answers. Eight cyclists pedaled on a cycle ergometer at 90 rpm and 200 watts, employing different techniques for six minutes each. First, they were instructed to pedal in circles, the classic recommendation, then they pedaled with an emphasis on the pull during the upstroke, and, finally, pedaled emphasizing the push on the down stroke. The result? While pulling during the upstroke was mechanically the most effective method for generating power, it was also the least efficient stroke because it required the most energy to perform. Of the other three pedal strokes, none proved to be more efficient or effective than the other.

Bottom Line: For a little extra power, try pulling on the upstroke. Other than that, altering your natural pedaling stroke may not make much difference.

Congratulations to Mary Lou and Geoff on their first Century Ride, Geoff's 1st as a Club member, and Congratulations to Mary on her 2nd Century Ride.



Computer says "100" miles



Great Big smiles after 100 miles



We did it!!!

Plastic Ride September 25 &26

Thirteen riders met in Harvard on Tuesday, September 25 for our Annual Plastic Ride. The weather at 8:00 a.m. was cloudy and approximately 60°, which was ideal for riding. However, rain was in the forecast later in the day. Dick predicted rain by noon, so after our breakfast stop at 24 miles a decision had to be made whether we ride 40 miles or deadhead to Janesville. Five riders decided to take a chance and ride the 40 miles; the others rode straight to Janesville. Dick was correct -- the rains came just after noon, with most riders safe and dry in the hotel. The five riders on the extended route were met by rain with 10 miles to go. After showers and a change of clothes, everyone met by the pool and enjoyed socializing and nibbles provided by our hosts, Connie and Dave and Ruth and Dorwin. Dinner was great. Dessert was provided by Ruth, who baked delicious oatmeal chocolate chip cookies and Connie, who baked delicious zucchini brownies. Riding commenced the following morning at 8:00 a.m., with bright sunshine and clear crisp air. Breakfast was enjoyed by everyone at the Sunrise Café in Clinton.

This was a tremendous ride. Thanks to Ruth, Dorwin, Connie and Dave for their great organization and their time behind the wheel SAGGING. They were always there with water, Gatorade, pretzels, energy bars and leftover oatmeal cookies and zucchini brownies!!

Geoff Mumford

Cycling In France

I would like to get a group of “my biking buddies” together for a trip to France in 2008 sometime between late spring or early fall. My thoughts are visiting wineries, (a little indulgence is certainly acceptable), some castles (and there are plenty of them) and biking through small towns and the countryside environs. There is a very good website offering many, many biking and or biking/barge trips. I plan on using this company for a trip either by myself or with others. A trip would be approximately seven to 10 days and can be less than 30 miles a day or up to 60 miles a day; depending on other activities, i.e., wine tasting, eating, castle hopping or just a very leisurely pace etc. The website is www.biketoursdirect.com. Many of you are probably familiar with them. There was a recent write-up about this company in the Chicago Tribune, Sunday Travel Section (9/9/07). The pricing listed is quite reasonable and of course does not include airfare. Some trips are guided and some are not but have routing sheets. Bike Tours Directs works with various European barge companies and tour operators. Some trips listed have luggage transport between hotels. There is always the option of designing a custom trip using one of the existing trips and changing it a bit. Give this website a visit, email me at ellen.whiteside@L-3com.com (work) if you think you would like to participate or just discuss any interest/options. My home phone number is in the club roster.

Ellen Whiteside



BOX 917
Crystal Lake, IL 60039-0917

www.mchenrybicycleclub.org

H A P P Y H A L L O W E E N ! !

New Member
Thomas Dahlafors, Woodstock

Future "Save the Dates"
(See past/present/future articles for details)

Oct 3-8	Camping Trip
Nov 10	Annual Banquet

Mark your 2007 calendar