



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

August 2008

**2008 MCBC  
Board of Directors**

**President**

Anne Lunk  
(815)455-9239  
[aanno@mc.net](mailto:aanno@mc.net)

**Vice President**

Tom Baer  
(815) 479-9945  
[mrbaer1@earthlink.net](mailto:mrbaer1@earthlink.net)

**Treasurer**

Helen Noskowicz  
(815) 728-0184  
[noskohilde@gmail.com](mailto:noskohilde@gmail.com)

**Recording Secretary**

Pat DePaepe  
(847) 516-2299  
[pdepaepe@comcast.net](mailto:pdepaepe@comcast.net)

**Membership Director**

Cathy Cwick  
(815) 245-8912  
[cacwick@yahoo.com](mailto:cacwick@yahoo.com)

**Touring Director**

Geoff Mumford  
(262) 877-9132  
[mumfordg@charter.net](mailto:mumfordg@charter.net)

**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](http://www.mchenrybicycleclub.org)

**CHANGED YOUR E:MAIL  
OR HOME ADDRESS?**

Help keep MCBC records up-to-date. If you have a change, please contact Cathy Cwick at:  
[cacwick@yahoo.com](mailto:cacwick@yahoo.com)

**CONGRATULATIONS!**

Rhonda and Ken Anderson rode their Fist Century on the tandem in Door County, July 17. The last few miles were in a raging rain storm. WAY TO GO!

Tom rode from Crystal Lake to Bailey's Harbor. He left on Sun., July 13 and arrived in Bailey's Harbor on July 16, riding over 270 miles. WAY TO GO, TOM!

**GENERAL MEETING  
August 27  
7:00 p.m.**

McHenry Township Senior Center  
3703 No. Richmond Road  
McHenry, IL  
Rte 31 Across from the  
Johnsburg Water Tower

**LABOR DAY RIDE**

Save the date!  
Leaves from Ann and Jack Wall's house  
Crystal Lake to Union  
Monday, Sept. 1  
Details to follow

**CHICAGO LAKEFRONT  
TOUR**

September 7  
See article on page 10

**QUOTE OF THE MONTH**

You know you're a real BICYCLIST when you can tell your significant other with a straight face that it's too hot to mow the lawn then take off and ride a century.



Something to look forward to, but we're not there yet!!

Database Manager

Cathy Cwick  
(815) 245-8912

[margen9ec@comcast.net](mailto:margen9ec@comcast.net)

Mail Coordinator

Andy Lunk  
(815) 455-9239

[aanno@mc.net](mailto:aanno@mc.net)

Newsletter Editor

Geoffrey Mumford  
(262) 877-9132

[mumfordg@charter.net](mailto:mumfordg@charter.net)

Social Chairperson

Anne Lunk  
(815) 455-9239

[aanno@mc.net](mailto:aanno@mc.net)

Udder Century Chairperson

Tom Baer  
(815) 479-9945

[mrbaer1@earthlink.net](mailto:mrbaer1@earthlink.net)

Camping Coordinator

Ruth Blair  
(815) 943-7884

[dorandruth@charter.net](mailto:dorandruth@charter.net)

Web Master

Mike Lynch  
(847) 639-0717

[lynch@cncci.com](mailto:lynch@cncci.com)

Publicity Chairperson

Mary Winkel  
(815) 653-0078

[tigger@joltmail.com](mailto:tigger@joltmail.com)

**SUPPORT YOUR**

**CLUB WEBSITE!**

**Log on often**

And  
Tell your  
Friends

[www.mchenrybicycleclub.org](http://www.mchenrybicycleclub.org)

Madame Prez Sez



Well, here we are with the highly successful Udder behind us and already in the planning stages for next year. Tom Baer certainly set a standard for devotion to the task.

Fortunately for all involved, he'll be back for a repeat performance and even without a new contract! Being our only fundraiser, we have an impact on so many levels, from Donley's ( which we help keep a float with our monies and exposure), the local grocery stores who supply us with emergency PB&J to the ten or so bicycle advocate organizations which benefit from the proceeds. Not to mention the 1,600 + people who enjoyed a perfect day out. As I like to say "We done good!" Thank you to Tom et al!

Our latest Door County camping event was just that... an event filled with firsts!!! Ruth Blair who always has had a firm handle on the planning and executing threw up her hands and said with good humor "Whatever!" All this transpired after a few people chose to forfeit certain rides in favor of kayaking, some taking different routes, one couple tandem riding the entire peninsula ( or is it an island?), accomplishing their first century in a thunderstorm (that would be Rhonda and Ken Anderson). Pat Kellogg set upon her maiden voyage in Europe Lake in her green calypso. Tom Baer rode all the way from Crystal Lake, returning via the "Lunk Liner". All bikers and kayakers alike returned unscathed and had another fun packed week. Though we seemed to have acquired a new feature brought to us by Elaine Foin. It's called the "Fine Dining" segment of the outing. After perusing through a myriad of menus, she selected a gourmet dinner club for the last supper. It's a keeper for next year. Seriously, we so appreciate all the work that goes into planning routes as well as the Pot Luck dinner. Our camping is one of the highlights of the club. There are still several remaining so think about being there for the fun. Motels are always close by.

Tidbit Mania: Did you know we have two club members who belong to a law enforcement posse? That would be Sam Wexler and George Mann who passed the stringent requirements to become part of the Richmond Police Volunteer Department. You might see them at local functions acting as security specialists. It's remarkable what our members do outside of riding the roads of Northern Illinois. If you have some special activity you are involved with and don't mind being exposed, let me know.

While riding today, our resident naturalist, Billie Kocal, shared some interesting tidbits about the bull frog. She states that the bull frog was raised primarily for meat... ya know.. frog legs. However, a few escaped into the environment, multiplied over the years and now are causing a negative impact on the bird and amphibian population.

According to Billie who was a volunteer over at Volo Bog, they will eat eggs, small birds, anything they can fit in their mouths! Being a nature lover myself, I would never eat frog legs.... until now that is. See what you learn while riding together?

Now, on a sad note, one of our charter members passed on to the "Riders in the Sky". Jim Becker is fondly remembered as a witty, gentle man with a knack for fixing bikes or anything else, a gourmet cook, past club president and just a charming human being, devoted for more than 50 years to his beloved wife, Dorothy. We'll dearly miss his friendship.

So for this month, that's all folks. *Anne Lunk*

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.

**MCBC 2008 CAMPING TRIPS**

Ruth Blair – Camp Coordinator  
 (815) 943-7884 [dorandruth@charter.net](mailto:dorandruth@charter.net)

This is the schedule planned for the 2008 MCBC camping trips. Days reserved are for Sunday through Friday, but some campers do extend the days to arrive earlier. You need to reserve the days you can go. It is important that you register at each campground as soon as possible to get included in the MCBC group area. Contact the host for the trip to get more information and to let them know you plan to come.

At least 3 to 4 days of rides are planned starting on Monday. Rides vary in length from 30 to 60 miles. Canoeing/kayaking and hiking are often available. Maps and Cue sheets are provided. Motel listings can be found on the Internet or by calling the Chamber of Commerce for each area.

**AUG 17-22 SPRING GREEN, WI. Hosts: Roger & Elaine Foin, 815-678-2132. [roger@xjrdesign.com](mailto:roger@xjrdesign.com)**

This camping trip has been most enjoyable as rides are often along the Wisconsin River and through the hills on countryside roads. One day of canoeing or kayaking the river is included for those who want. Points of interest include The House on the Rock and tours of the Frank Lloyd Wright estate. The Foin's have reserved 10 sites for the group at WISCONSIN RIVERSIDE RESORT [www.wiriverside.com](http://www.wiriverside.com). Please contact the Foin's to get a site instead of the resort as they prefer only one contact for the group. For NON-CAMPERS, Cabins are available, contact the camp grounds directly for reservations.

**SEPT 20-23 Lanesboro, MN. Drive to Lanesboro on Saturday, Sept 20. Camp in the town park campground. Ride the 50 mile Root River Pave Trail for 2 days. Hosts: Dorwin and Ruth Blair. [dorandruth@charter.net](mailto:dorandruth@charter.net)**

**SEPT 23-27 WILTON, WI. County Park. Tuesday, Sept 23, drive to Wilton, WI and set up camp in the county park. Plan to ride the hills of the Amish area in the Kickapoo Valley for 3 or 4 days. Riding the El Roy Sparta trail and canoeing on the Kickapoo River are other options.**

(Hosts: The Blair's, see above)

**OCT. 5-10 MADISON, WI, DANE COUNTY PARKS Hosts: Andy & Anne Lunk, 815-455-9239, [aanno@mc.net](mailto:aanno@mc.net)**

This was a new trip for the campers in 2007. Riders requested to repeat the trip. The campground is quite nice and is located near miles of paved trails and roads that are routed for bikes. Madison is rated as one of the best areas for bike riding. Reservations need to be made soon as sites are limited. Ask for a site between 21 and 29 where we hope the group can be together. LAKE FARM PARK UNIT CAMPGROUND (608-246-3896)  
 Contact Anne Lunk for a brochure and more information.

**MCBC 2008 Multi-Day Rides****Sept. 14-19 6- Day Ride. TRIRI September Escape 2008. [www.triri.org](http://www.triri.org)**

All campgrounds have electric hookups and nice washrooms. The group includes those with tents to those with big motor homes and non-campers. Camping groups vary from 15 to 28 people. Check the web site for more information about camping activities. COME JOIN THE FUN! If you want to be added to the MCBC camper's list to receive advance information please let Ruth know [dorandruth@charter.net](mailto:dorandruth@charter.net)



## July 2008 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
<b>WEEKLY RIDES</b>			
<b>Sundays 7:00 a.m.</b>	<b>Fast Folly (Road or Mountain Bike Mania?)</b> Join Dean Setzler & CO. for an early FAST ride: great training ride for the animals. Call Dean the day before for details.	Dean Setzler [815] 675-6251 <a href="mailto:dsetzler@imaxx.net">dsetzler@imaxx.net</a>	Intermatic Plaza south parking lot; SR-12 north to Spring Grove, IL
<b>Tuesdays 8:30 a.m.</b>	<b>Northern Illinois:</b> Varied routes to Hebron and Woodstock: 15 to 25 miles round trip at a leisurely pace. (new this year)	Helen Noskowicz [815] 728-0184 Gerri Fitzgerald [815] 344 6491	Keystone Canoe Basin Keystone Rd and Barnard Mill Rd. Richmond, IL
<b>Tuesdays 8:30 a.m.</b>	<b>Northern Illinois:</b> Varied Routes to Hebron, Woodstock and Harvard: 35 to 50 miles round trip.	Geoff Mumford [262] 877-9132 <a href="mailto:mumfordg@charter.net">mumfordg@charter.net</a>	Keystone Canoe Basin Keystone Rd and Barnard Mill Rd. Richmond, IL
<b>Thursdays 8:30 a.m.</b>	<b>Southern Wisconsin:</b> Varied routes to Twin Lakes and Lake Geneva: 15 to 25 mile round trip at a leisurely pace.	Helen Noskowicz [815] 728-0184 Gerri Fitzgerald [815] 344 6491	Veterans Memorial Park Fellows Rd, Genoa City, WI
<b>Thursdays 8:30 a.m.</b>	<b>Southern Wisconsin:</b> Varied routes to Twin Lakes, Lake Geneva and Fontana: 35 to 50 mile round trip.	Geoff Mumford [262] 877-9132 <a href="mailto:mumfordg@charter.net">mumfordg@charter.net</a>	Veterans Memorial Park Fellows Rd, Genoa City, WI
<b>RIDES &amp; EVENTS</b>			
<b>Saturdays</b>	Rides will be announced on our MCBC Event e-mail on the preceding Friday		

### The Short Ride Option

Currently, the short ride option follows the regular Tuesday and Thursday Road Ride Schedule. We would be glad to have you. Also, if there is any interest in doing weekend trail or road rides; please contact Helen or Steve Noskowicz at [noskohilde@yahoo.com](mailto:noskohilde@yahoo.com) or Gerri Fitzgerald at [cjfitz1@webtv.net](mailto:cjfitz1@webtv.net) regarding your preferences to day and time.

### Non MCBC Rides

Sunday, August 10. Windy 60. DeKalb County Bicycle Club. [northcentralcyclery.com](http://northcentralcyclery.com)

Saturday, August 16. Rolling on the River. Illinois Environmental Council. [www.rollingriverride.com](http://www.rollingriverride.com)

**Saturday, August 16 Roun'da Manure Bicycle Tour. Sharon, IL.** [www.sharonmainstreet.com](http://www.sharonmainstreet.com)

Sunday, August 17. The Wright Ride. Oak Park Cycle Ride. [oakparkcycleclub.org/wrightride](http://oakparkcycleclub.org/wrightride)

Sunday, August 17. The Ronald Reagan Heritage Ride. Rock River Valley Bicycle Club. [www.rrvbc.org](http://www.rrvbc.org)

Sunday, August 24 Bike Psychos Century. Bike Psychos. [www.bikesuchos.org](http://www.bikesuchos.org)

### Randonneuring a 600 km Ride

Some may remember the piece I wrote about my long distance rides for the Peddler last year. I was able to complete the 200 km, 300 km, and 400 km brevets (a brevet is a ride) in the spring of 2007. This year I finished a 600 km brevet and it was quite different.

I rode with the Great Lakes Randonneurs on June 28<sup>th</sup> and 29<sup>th</sup>. A group of 15 riders started out at 6:00 AM from Delavan WI. If you have a map handy you may want to get it out to see where we went. It was a nice day, but I was prepared for other weather. Clothing I was wearing or had with me included my cycling shorts, a jersey, a wind vest, a long sleeve jersey, a plastic rain jacket, and arm warmers. I had a pair of wool leg warmers but I left them in my car, thinking I would not need them.

I had been a little worried about this ride in the week before. The longest distance I had ridden in 2008 so far was only 86 miles and here I was embarking on a ride of almost 400 miles! I thought this would be as much of a mental challenge as a physical one. The idea that put me at ease was knowing that I could ride at a very moderate pace if I had to, so that if I needed to slow down I probably could. The time allowed for the ride is 40 hours, which I found out was 4 hours more than what I thought, so that was a nice surprise.

So starting from Delavan I found two other riders named Eric and Rich to work with and we set a nice pace of 16 to 18 mph for the first leg of 32 miles to Edgerton WI. I made sure to drink plenty of water and despite a head wind, it was a very good ride. The wind was from the west, but it was only between 10 and 15 mph, which was not as bad as the 30 mph winds that had caused me to abandon the 200 km brevet in April. That's right! I had not even been able to complete 200 km two months before, and now I was attempting 600 km. What was I thinking?

Part two was a 33 mile leg to Verona, WI. We had more of a headwind on this leg, but had picked up two other riders so we all shared the burden of pulling into the wind.

From Verona we went to Sauk City along a very hilly course. I got left behind by the other 4 riders, but Eric and Rich waited for me at about the half way point to make sure I was ok. That was nice and we rode together again for a few miles and then I just took it easy and really enjoyed the beautiful views. I had started getting some pain in my left knee, but slowing down helped. Going up many of the hills in my lowest gear meant moving at a speed of about 3 mph, on the flats I was going about 14 mph. Riding into Sauk City, I could see a large rain cloud moving in the direction we would be going next. I met up with all four riders I had been with, and two more riders arrived while I was eating/resting/refueling. There were two other riders much farther ahead so I felt very good being in the middle of the group of 15 riders after completing 96 miles.

The next stop was Baraboo and I knew there would be some really big hills on the way. I did not know that I would get under a thunderstorm for this leg. I was glad to have my rain jacket and

my helmet since I rode through some hail. Thankfully the rain was not very heavy, and I was merely damp when I got to the next rest stop at 121 miles. It was about 3:00 PM now and I was still feeling good.

I left Baraboo with Eric and Rich again and we crossed the Wisconsin River on the Ferry for Highway 113 on the way to Lodi, WI. At Lodi I was tired and rested a bit longer so I was on my own again for the next leg.

I did not mind being on my own on the way to Columbus, WI. It was a 28 mile flat leg, and it was with the wind which was now blowing at between 15 and 20 mph. I could see a rain storm far to the north and the road was nearly vehicle free. I think I was passed by one car and one motorcycle in 25 miles! I saw Eric and Rich leaving as I approached the Kwik-Trip convenience store, and I was about 10 minutes behind them after a short rest. Total mileage to Columbus was 170 miles.

Leg 7 was to Lake Mills WI by way of Waterloo WI. I put my lights on in Waterloo, but did not have to turn them on yet. The mosquitoes found me quickly while stopped, but luckily that was the only run in I had with them for the evening. I was now at just over the halfway point. My left knee was feeling better, but my right knee was bothering me. I had taken some ibuprofen at Lodi, but thought I might need more. I turned on my lights 10 miles before reaching Lake Mills. Thankfully they did not turn into a mosquito magnet. There was still twilight when I got to the 7<sup>th</sup> stop, another Kwik-Trip, but it was dark as I pulled out to head towards Whitewater.

On my way out of Lake Mills I heard sirens, and an ambulance was coming towards me on a side street. I slowed and pulled over, but so did they. They seemed to be extra cautious, which I thought was nice, but it also gave me a small sense of foreboding. About 3 miles further on I saw an accident scene ahead marked by many flashing lights. I asked a firefighter directing traffic if the accident involved a cyclist - hoping for the best and fearing the worst - and sadly I was told that a cyclist had been struck by a car. I looked forward and saw Rich standing near the back of an ambulance. I asked the firefighter if I could go closer and he said no. I then saw a helicopter on the road and saw a patient being transferred from the back of the ambulance. I was able to get Rich's attention and when he saw me he came over. Eric had been hit from behind while making a left hand turn. Rich had gone past the turn and was heading back and saw the accident in front of him. The rules of Randonneuring require head lights and tail lights, plus reflective ankle bands and a Sayer sash all of which Eric had on. I can't say for certain, but I think the driver was impatient and was passing on the left without realizing Eric was turning left. He is out of the hospital now, but it certainly gave me pause as I continued on once the helicopter had lifted off. The EMS and fire personal were very supportive but concerned. Rich abandoned the ride at that time and the ride director came to give him a ride back to Delavan. It was a very dark and lonely ride to Whitewater in more ways than one.

At one point the road was flooded with 2 inches of water, but it was passable. The route took me through Fort Atkinson. About the only thing I saw were fireflies which kept me company, a black dog that felt the need to chase me, and a few drunk college students that were surprised to see me as I pulled in to Whitewater.

The 9<sup>th</sup> leg and the one that would take me back to Delavan was also dark, but the fireflies again helped light the way. It was only 20 miles, but it took me just under two hours. I finished in light rain. I wished I had my leg warmers to keep my knees warm. I had a cue sheet and the turns were marked in White paint on the pavement. When I pulled in to the Super 8 motel I had gone 250 miles or 400 km. I was able to sleep in a room from 2:30 to 6:00 AM, and was back on the road by 6:30 AM. Talk about a mental hurdle! I was hoping the pain in my knee would have stopped, but it was still there. I was having a hard time when I realized that the route was taking me down and up the hills near Alpine Valley on Bowers Rd. At the control in East Troy I met Bill, Bob, Rodney and Jacques who had been behind me but only rested and showered in Delavan and kept going. I was pleased because I had riding partners again, and the wind was at our back.

I was not sure exactly where the route was taking us, but the farther and farther east we went the more I realized that we would have to turn around if we got to Lake Michigan. We had a stop in Wind Lake, WI, and then we went on to Caledonia which indeed was after we had ridden all the way to Wind Point on Lake Michigan north of Racine. While at the Speedway gas station we got one rain cloud above us and another rider caught us. We had ridden just over 500 km so we only had 100 km to go, but it was heading back west into the wind.

Leg 13 took us to Waterford, WI. We were there at about 3:00 PM and now had 30 miles to go. The last leg had more wind of course, but we made it back at 5:30 PM to the Super 8 in Delavan. I had started 35  $\frac{1}{2}$  hours before. I had been on my bike for about 26  $\frac{1}{4}$  of those hours. My computer counted 105,630 pedal revolutions and my on bike average speed was 14.5 mph. My computer read 382 miles. 12 of the 15 starters finished the brevet.

One of the great things about randonneuring is the non-competitive nature of the event. It is a challenge to simply see if you can do it, and I really felt a sense of accomplishment when I was done. The camaraderie between the riders is instant. At one point we saw some people sitting on the side of the road that we had passed going towards Wind Point. "Back to Delavan!" I said as I smiled and went past. "Oh boy!" said the man with surprise. A little farther down the road I said to Jacques, "I think he was impressed, but he doesn't even know the half of it!"

Thanks for reading and I hope some of you may think about giving Randonneuring a try. It would be great to have an MCBC contingent. Happy Roads!

*Jay Marshall*  
6-29-2008

## ***LIB Extra – from the League of Illinois Bicyclists***

Advocacy, rides, and more – for further details, check out LIB's website, [www.bikelib.org](http://www.bikelib.org)

### **Advocacy Tip: Share the Road driver education training**

In April and May, LIB surveyed high school driver education instructors, asking whether they are using our "Share the Road" curriculum that we sent them in September 2006. Too many are not. The 20-30 minute curriculum, endorsed by the IHSCDEA (the instructors' state association), includes a 7-minute video on interacting with cyclists, a teacher's guide, and quiz. See these at [www.bikelib.org/video](http://www.bikelib.org/video)

Local cyclists can help by urging their area's high school driver education instructors to include this easy-to-use curriculum in their classes. LIB can send additional copies, if needed. Another venue for the video, to reach other motorists? Your local cable access station. Give them a call – we can send the DVD.

### **Southern Hues, Hills, Hospitality – SWFR bike tour**

LIB's Shawnee Weekend Forest Ride will take place once again in Southern Illinois this fall. The dates are October 18-20, when the forest colors should be at their peak. Overnights in cabins or tents will be available at the Touch of Nature Environmental Center located next to Little Grassy Lake south of Carbondale. Nearby motel rooms and B&B's are available for those who elect not to camp. Routes of 30 to 60 miles will include lots of hills but the scenery is beautiful. This year we will provide a flatter route closer to the Mississippi River, with some routes passing the wineries and orchards which are abundant in the area. For more information contact Anne Johnson at 618-528-4552, 618-687-2546, or [ajohnson@globaleyes.net](mailto:ajohnson@globaleyes.net)

### **Advocacy Training Offered**

Would you like to get involved locally to improve bike conditions? We invite you to an LIB board training session on the following:

- Bike-friendly and "Complete Streets" road designs, including on-road and off-road bikeway types and LIB's Complete Streets road project audits
- LIB's Share the Road driver education video and curriculum
- Bikeway (and roadway) dollars – bikeway funding sources and strategies, also tracing the flow of federal road dollars
- How to start, do, and implement a bike plan in your town

The seminar, to be presented by LIB Executive Director Ed Barsotti, is scheduled for 10 a.m. September 28 at Pontiac City Hall, 115 W. Howard St., Pontiac. Members are also invited to stay for lunch and the LIB board meeting to follow. If interested, contact Ed at 630-978-0583 or [lib@bikelib.org](mailto:lib@bikelib.org). By reservation only, please.

***Bike club members:*** LIB's efforts to improve bicycling are supported by over 1000 members – many belonging to clubs that donate. Become an individual member at [www.bikelib.org/join](http://www.bikelib.org/join)

**1<sup>st</sup> CENTURY RIDE**

Geoff Mumford	1955	Marge May	1990
Dave Steffen	1959	Dick May	1990
Connie Steffen	1975	Anne Wall	1992
Al Petty	1977	Jack Wall	1992
Jay Marshall	1982	Barb Mahr	1999
Jackie Homan	1982	David Falk	2004
Dick Homan	1982	Craig Kochina	2005
George Mann	1984	Cathy Lemke	2006
Ruth Blair	1985	Chuck Lemke	2006
Pat Kellogg	1985	Mary Winkel	2006
Roger Foin	1986	Mary Lou Mumford	2007
Steve Arnold	1987	Pat DePaepe	2007
Dorwin Blair	1989	Rhonda and Ken Anderson	2008 (Tandem)

\*\*If you would like your name added to the 1<sup>st</sup> Century Ride List, please contact Geoff Mumford at [mumfordg@charter.net](mailto:mumfordg@charter.net)

**BIKE SHOPS**

**Village Cyclery (formerly Bikes Plus)**, 203 West Northwest Highway, Barrington, Illinois 60010 (847-382-9200)

Trek	Giant
Gary Fisher	Mirraco

**Wheel Werks**, 115 North Main Street, Crystal Lake, Illinois 60014 (815-444-6897)

Waterford	Gunnar
Look	Co-Motion
Fuji	Isaac
Orbea	Bike Friday
Salsa	Flat Foot
Surley	Electra

**RRB**, 629 Williams Street, Lake Geneva, Wisconsin 53147 (262-248-2588)

Scott	Electra
Marin	Argon
Kestrel	Isaac
Ridley	Breezer
Colagno	Biria

**Wonder Lake Bicycle**, 4308 East Drive, Wonder Lake, Illinois 60097 (815-653-9904)

KHS	Fuji
Freeagent	SE
Sun	

**Main Street Bicycles**, 52 East Main Street, Carpentersville, Illinois, 60110 (847-783-0362)

Jamis	Raleigh
Redline	Scott
Blue	Waterford

**Prairie Trail Bike Shop**, 315 Railroad Street, Algonquin, Illinois, 60102 (847-658-1154)

## THERE MAY BE HOPE!

Seven pm at night on a nice leisurely bicycle ride from Meijer's Grocery Store in McHenry on South Solon Road listening to my radio enjoying the scenery, beautiful crops, the great evening weather (no rain for a change), my milk carton basket on the back filled with healthy food, apricots, plums, cherries, and some not so healthy tonic water to go with that nice gin and tonic I planned to drink when I got home, a car came along with four young people and interrupted my pleasant ride

The guy in the passenger seat gave me the finger and in a loud obnoxious voice he yelled several four letter words at me. Use to this type of behavior from other drivers, I kept going without even flinching. I thought, here I am trying to stay healthy, eating right, exercising, saving gas, and this had to happen to knock me off of my good high.

Well I turned onto North Solon and kept on pedaling and listening to my radio. About five minutes later the same car, a nice 300 Chrysler, came by. The same fella stuck out his head and instead of the finger he gave me a high sign with his hand, and said, "I'm sorry. You're doing great."

After all of my years of biking this was a first. Maybe the young people who have been harassing us are realizing there is more good in what we are doing. Anyways, it sure made my day and gave me a new high and some hope. I guess all we need is love.

*Sam Wexler*

## LAKEFRONT TOUR

Twenty years ago, the price of gas was \$1.25, the New Kids on the Block topped the music charts, and the Boulevard Lakefront Tour enchanted bicyclists for the first time with a ride along Chicago's boulevards.

On September 7, 2008, Boulevard Lakefront Tour turns 20. Celebrate the big day by registering for the bike ride that started it all. This year is going bigger than shoulder pads. Choose from a 15, 35 or 62 mile route through Chicago's lush parks, grand boulevards and historic neighborhoods. Scout out landmarks in a scavenger hunt, and party on the post-ride festival with a picnic, beer, BLT sandwiches and live music. Register now at [www.boulevardtour.org](http://www.boulevardtour.org)

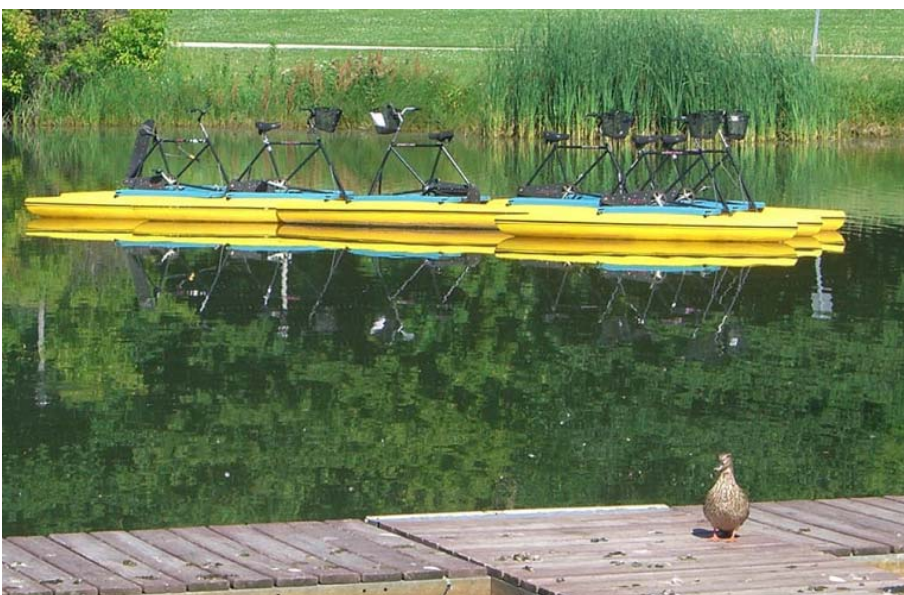
## SAM RECIEVES AN AWARD



Sam was inducted into the Chicagoland Bicycle Federation Hall of Fame at their annual meeting Oct. 22, 2007. Sam was on the first board and was one of the founders of the federation. Sam was there when they hired Randy Neufeld, and he worked with Randy on the first Boulevard ride. Randy is in the audience on the picture.

*Char*

## KAYAKING IN DOOR COUNTY



The ultimate kayak / bike



BOX 917  
Crystal Lake, IL 60039-0917

*[www.mchenrybicycleclub.org](http://www.mchenrybicycleclub.org)*

## WELCOME NEW MEMBERS

Natalie Fredrickson, McHenry, IL

William Watson, Sleepy Hollow, IL

Bob Mauch, McHenry, IL

### Future "Save the Dates"

(See past/present/future articles for details)

Aug. 17-22

Camping Spring Green, IL

Aug. 27

General Meeting

Sept. 14-19

TRIRI 6-Day Ride

Sept. 20-23

Camping Lanesboro, MN

Sept. 23-27

Camping Wilton, WI

Oct. 5-10

Camping Madison, WI

Nov. 8

Annual Banquet

**Mark your calendar for 2008**