

**2007 MCBC
Board of Directors**

President

Geoff Mumford
(262) 877-9132
mumfordg@charter.net

Vice President

Sam Wexler
(815) 678-6021
toothkey@aol.com

Treasurer

Mary Lou Mumford
(262) 877-9132
mumfordg@charter.net

Recording Secretary

Cathy Cwick
(815) 245-8912
cacwick@yahoo.com

Membership Director

Marge May
(847) 623-0182
margen9ec@comcast.net

Touring Director

Tom Baer
(815) 479-9945
mrbaer1@earthlink.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

**PLASTIC RIDE –
AUGUST 21-22**

Have you checked your calendar? Do you have your “plastic” card handy? Rooms are being held at \$60.00 (plus taxes) for Tuesday night, August 21, at the Best Western in Janesville. You need to make your reservation by August 7 to get the group rate. Call 608-756-4511 and ask for the bicycle group. Cancellation policy is 72 hours prior to date of reservation. If you are up to the challenge of riding 2 days back to back of 50 to 62 miles, and are available for the mid-week ride, please join the group for a fun trip. A shorter route is possible. A vehicle will be available for support and to carry your overnight bag. The ride will start in Harvard and proceed to Janesville and back. The rooms are quite nice, with an indoor pool to enjoy after your long day and socialize with everyone. There is a restaurant/bar on-site. Checks are not accepted. Please call Connie Steffen at 815-459-3299 to let her know that you are registered. Information will be sent out to everyone prior to the ride (cue sheets, map and details).

Ruth Blair

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

**VOLUNTEER FOR
MCBC BOARD 2008**

This is the last year for the current MCBC Board in their present positions. We are looking for volunteers for ALL POSITIONS. The Club needs YOU!

Annual Banquet 2007

This year's Annual Banquet will be held at the Crystal Lake Country Club on Saturday, November 10.

HAPPINESS IS ___

Database Manager

Marge May
(847) 838-3626

margen9ec@comcast.net

Mail Coordinator

Andy Lunk
(815) 455-9239

aanno@mc.net

Newsletter Editors

Geoffrey Mumford
(262) 877-9132

mumfordg@charter.net

Social Chairperson

Ann Lunk
(815) 455-9239

aanno@mc.net

Udder Century Chairperson

Tom Baer
(815) 479-9945

mrbaer1@earthlink.net

Camping Coordinator

Ruth Blair
(815) 943-7884

dorandruth@charter.net

Web Master

Mike Lynch
(847) 639-0717

lynch@cncci.com

Publicity Chairperson

Mary Winkel
(815) 653-0078

tigger@joltmail.com

**SUPPORT YOUR
CLUB WEBSITE!**

Log on often

And
Tell your
Friends

www.mchenrybicycleclub.org

As I was putting this edition of the Pedaler together, I noticed that Tom still needs Ride Leaders for August, September and October. I am sure that some of you would like to lead, but do not know what it entails. I came across a letter in the August, 1997 Pedaler which might answer your questions: "To be a Ride Leader is a piece of cake, or you could bring muffins. The most important thing to remember is all rides must have Ice Cream included somewhere en route or at the end. Remember: why bike if you can't have Ice Cream. First, if it is raining or snowing, or just too darn hot, be sure there is a plan B--retreating to a restaurant close by for breakfast. If there is a mean dog on the road, it is imperative you bring along those little Milk Bone dog biscuits to throw to the dog and keep him entertained while the rest of the group pedals safely past. Milk Bones have the additional medical benefit for providing you with white teeth and fending off hunger if stranded or, for those with a keen sense of direction, lost. If it is very windy you are to lead from the front to break the wind. If the wind picks up, you are to have two alternate routes that have the wind at your back going out as well as the wind behind you coming back. If there is heavy traffic you are expected to stay in the rear and fend off cars. And last but certainly not least, when riding over bumpy train tracks or potholes, be sure to wait for the last rider to pass so you can pick up loosened extraneous bike parts that have fallen on the road."

Tom needs you!

I would be amiss to not mention those members of the Club who are currently not riding with us due to non-cycling injuries or health reasons. We wish them well, a speedy recovery and hope to see them back riding soon. They are: Pat Minard, Barbara Mahr, Ann Wall, George Mann, Tom Baer, Dorwin Blair, Rennie Ballagh, Ed McNally and Pat Barnes.

On the up side, Dick May is back riding with us. Way to Go Dick!!

Happiness Is: Reaching the top of a hill.

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.

August, 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 8:30 AM.	The Great Northwest. Varied routes to Hebron, Harvard and Woodstock; 25 to 35 miles round trip.	Ride Leader – Chuck & Kathy Lemke, kclcmke@aol.com , 847 223-5394	Keystone Canoe Base, Barnard Mill and Keystone Roads, Wonder Lake, IL
.Thursdays 8:30 AM	Southern Wisconsin Twin Lakes, Lake Geneva, Burlington. Varied routes; 25 to 40 miles round trip.	Ride Leader – 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 scenic locations. Watch Event emails for details	See <i>Rides and Events</i>	Watch Event emails for details
Sundays	Varied routes and start locations	Ride Leaders needed – contact Tom Baer mrbaer1@earthlink.net	Watch Event emails for details
RIDES & EVENTS			
Saturday, Aug 4 8:00 AM - Noon	Friends of the Long Prairie Trail 7th Annual Poker Run. Get out and bike the Long Prairie Trail (paved) and see nature at its best. Collect poker cards along the trail and you may win a gift certificate at participating merchants. Registration is \$10 per five card hand	Bev Moore at Side by Side Cycle / Illinois Trails Conservancy, 815-569-2472.	Registration at County Line Rd parking area, ¼ mi. north of IL 173 (just west of Harvard).
Saturday, Aug 11 9:00 AM	Kenosha Tall Ships – Ride to Kenosha's harbor to see the visiting tall ships from the 1800s. The maritime festival features tours of ships, food, music and entertainment. This is a road/paved trail ride at moderate speed. Riders will have the choice of 20 or 30 miles with a brunch stop in Kenosha. Bring a lock and \$.	Ride Leader - Billie Kocal, sbkocal@aol.com , 847 838-1626	The McClory Trail parking area in Winthrop Harbor. East on 173, past 41, to the light at Lewis Ave. Turn left/north on Lewis. Turn right/east on 9 th St. and the parking lot is a short distance. Look for the maintenance tank. Threatening weather? We will cancel by 7:30 via email or phone us at 847.838.1626.

Saturday Aug 18 7:30 – 9:30 AM	Roun'da Manure Bicycle Tour – One day bicycle tour through pastoral farmlands and friendly towns around Sharon, WI. Routes of 22, 44 and 64 miles. Registration is \$25 and includes maps, rest stops and pig roast after the ride.	Sharon Main Street Association, 262 736-6246	Route 14 through Harvard then left/west on Hwy 67 for approximately 6 miles to Sharon, WI
Tuesday Aug 21-22	2-Day Plastic Ride	Ruth Blair	
Saturday Aug 25	TBA	Geoff Mumford	

NEXT MEETING

Wednesday, October, 17
7:00pm

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

UDDERINGS

Where did all those people come from that did the Udder this year?

- Illinois – 1,181
- Wisconsin – 33
- Iowa – 4
- Indiana – 3
- Michigan – 2
- Ohio – 2
- Tennessee – 2
- Pennsylvania – 1

Tom Baer

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.

AUG 4-11 The annual week long tour (see details under MCBC TRAVEL TRIPS)

AUG 21-22 The annual 2-day trip, the Plastic Ride (see details under MCBC TRAVEL TRIPS)

SEPT 5-10 SPRING GREEN, WI. Hosts: Roger & Elaine Foin, 312-751-2767
rfoin@sbcglobal.net The Foin's have reserved 10 sites for the group at BOB'S RIVERSIDE RESORT. www.bobsriverside.com Please contact the Foin's to get a site.

SEPT. 11-??? WILTON, WI. County Park and LANESBORO, MN. Hosts: Dorwin & Ruth Blair, 815-943-7884, dorandruth@charter.net Wilton is right on the El Roy-Sparta Trail and road rides included will be in the BIG hills of the Amish countryside. We may continue to Lanesboro, MN to ride the Root River Trail. No advance reservations are necessary. Contact Blair's if you are interested in this trip.

OCT. 3-8 MADISON, WI. DANE COUNTY PARKS: Hosts: Andy & Anne Lunk, 815-455-9239, aanno@mc.net Reservations need to be made now, as sites are limited. Ask for a site between 21 and 29 LAKE FARM PARK UNIT CAMPGROUND 608-246-3896)

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-----

TWO DAY TRIP: MCBC members have been participating in a 2 day mid-week trip for several years now. Each day is planned for 50 to 60 miles of riding. This year it will be held on Tuesday, August 21 - Wednesday, August 22. We will ride from Harvard to Janesville with a variation of the previous rides. Complete information will be included in upcoming newsletters. Call Ruth Blair (815-943-7884) or Connie Steffen (815-455-3299) for more details.



DOOR COUNTY 2007

Door County camping lived up to its reputation by being one of the favorite trips that the campers participate. We were especially happy to have great weather, since last year was unseasonably hot. Some wind and moderated temperatures made each day a pleasure to ride. Our campground in Baileys Harbor is very clean and provides all the amenities that any camper could want.

Planned rides started on Thursday with a 60-mile ride from Baileys Harbor to Sturgeon Bay, with a route that follows the Green Bay shoreline and returns by the shores of Lake Michigan. All went well until the sky opened with an early afternoon shower. Only our 2 fastest riders (Andy and Geoff) were able to miss out on the fun of riding in the rain.

The other three days included rides to Wagon Trail for breakfast, continuing on to Ellison Bay and Gills Rock with return through Sister Bay. Fish Creek, Peninsula Park and Ephraim were included in another day. Sunday brunch in Baileys Harbor started a ride out to Cana Island and various country roads. Pat chose to take the ferry ride to Washington Island and reported more roads are paved there to make the biking even more enjoyable.

A highlight of the trip was the group dinner planned with a Hawaiian theme. Lots of fresh fruit, salads, and sweet barbecued pork, plus Hawaiian pie and cake made the dinner a great experience. The fruit punch was a nice complement to the meal. Several of the campers were dressed in Hawaiian attire to add to the festivities of the evening.

The bean bag toss game added to enjoyment most evenings. Shopping was also popular for a few of the people who found the time to make major purchases. The Waterloos purchased a new bike for Lydia. Look out ladies here she comes!

We were all awaiting the arrival of the Foin's, who we knew had a surprise for us. They showed up Thursday with their new motor home which we all admired.

Lunk's entertained their son and his fiancé whom we all enjoyed getting to know. Other campers included Blair's, Waterloos, Lemke's, Steffens, Pat Kellogg, Joanna Hosteny, Kocal's, Mumford's, Barb Mahr and we welcomed Winkel's on their first adventure with us. Bill Winkel was determined to complete the 62-mile ride (to match his age) on Thursday, which would be a record for him. He did it! Congratulations Bill!!

As always, we already have plans for next year to return to Door County.

Ruth Blair



Door County riders enjoyed Saturday night dinner at Glidden Lodge

A storm passes over the camp site

What's Next?

The question I asked myself after the 2006 riding season that included several solo centuries, a 125 mile double metric, and the 167 mile Ride Across Indiana (RAIN) was what else can I do on a bike? The answer that I found through MCBC meeting presentations and web surfing was a French style of riding called Randonneuring. In short this is a non-competitive, timed, personal challenge, style of riding. The premier event for randonneurs is the Paris-Brest-Paris randonnee, (rahn doe nay) which occurs only every 4 years. 2007 is a year for PBP, but I am not going this time. Maybe in 2011! PBP is a 1200 kilometer ride. Participants have 90 hours to complete the course. In order to qualify for the ride randonneurs must complete a series of rides, or brevets, in the year before the PBP. The brevets include a 200km, 300km, 400km and a 600km ride. In miles these events are about 125, 186, 250, and 375 miles respectively.

This year starting on April 18th I rode a 200km brevet with the Great Lakes Randonneurs. This is a group that provides rides for people living primarily in Wisconsin, Illinois, Michigan, and Indiana, although there was at least one rider from Texas at one of the brevets this year. The 200km ride was a blast for me. It was quite early in the season, and I had not trained as much as I had hoped to, but when we started out there was a group of about 70 riders setting out for Sun Prairie WI, from Delavan WI at 8:00 am. The adrenaline was pumping, and I averaged almost 23 miles per hour making the first stop after about 32 miles at 9:25. I tried to stay with the lead group after stopping, but I had not been drinking enough water so I started to get some leg cramps after 40 miles! I was concerned to say the least so I was forced to slow down and go at a more moderate pace. At the half way point I was confident I would finish, but knew I had a long way to go. I rode with some new friends and finished the ride at about 5:00 pm. The required time was to finish in 13 .5 hours, so I made the cutoff with plenty of time to spare.

Even though Randonneuring has organized brevets, they are unsupported rides. There were no PB&J sandwiches made for me, no ham and cheese sandwiches-there weren't even any cookies provided along the way. I had to purchase my food at the control points which conveniently are at convenience stores along the route. Riders are issued a control card at the beginning of the ride and must get it stamped at the stops along the way.

I learned that I had started out too fast on the 200km brevet. I also needed to train on some more hills as there were some big ones on the route. The next weekend I did a 100km training ride and on May 5th I completed a 300km ride in 12 hours. Besides being longer, it had more hills and more wind. On the first leg of the return trip-we followed a route that was simply out and back, tracing the way we came- there was a 20 mile stretch that went due east. The wind was about 25 miles per hour from the east! Luckily for a group of us Lon Haldeman was riding on that day on a tandem and he was able to lead about 6 of us, safely tucked in his slipstream. He led the entire way and I thanked him graciously for the work he did. It was a great ride and the longest distance I had ever done in one day. Our group broke apart with about 5 miles to go. A rider that I befriended two weeks earlier bonked and I stayed with him as the others went ahead. I was pleased to finish. I thought I would not want to do any more riding after that, but within 30 minutes my mentality changed and I was ready for more!! It was really quite amazing to finish with headlights and taillights on. We only needed them for the last hour, but it was a great feeling to finish such a long distance.

I had to miss the next two brevets which were spaced two weeks apart, but there was another ride on June 16th. I decided to really see what I could do and rode the 400km brevet. There were only 3 other riders that went that far on the same day. This was a last chance to qualify for PBP, and brevets of 200km and 300km were also taking place. I rode 80 percent of the ride on my own and I had to go up some enormous hills. I was able to figure out later that I did over 13000 feet of climbing over the 250 mile route. I completed the ride in 20 hours which include 7 stops. Starting in Delavan I went to Edgerton, New Glarus, Sauk City, Baraboo, Lodi, Sun Prairie, back through Edgerton, and finished again in Delavan. Riding at night on dark country roads was very interesting. Dogs barking gave me concern until I could figure out that they were moving away from me and not chasing me. A deer crossed the road just beyond the view of my headlight. Refreshingly traffic was the least of my worries. In the last 100km or roughly 60 miles, I was passed by less than 10 cars! I am sure it also helped that the hour was late. I finished at 2:00 am in the morning and my wife, Beth, called me as I was preparing to drive home. She was worried so I learned that I should give her a better estimate of how long the ride would take. I made it home safely.

So that is what I did this summer. Actually that is what I did this spring! More riding awaits. Next year I hope to complete the entire series. Veterans tell me the 600km is not as tough as the 400km if you split it up into two 300km rides with a few hours rest in between. I am looking forward to more riding in the future. More information is available on the web at www.rusa.org and www.glrando.org

Jay Marshall

Changing Gear

Don't Get Caught. The key to proper shifting is thinking ahead. Anticipate what gear you need and anticipate when to accelerate. Shifting after the terrain changes slows you down and robs you of energy. The same idea hold true when approaching traffic at cross roads and traffic lights. Look ahead and be in the right gear before you get there.

Remember the chain. If your chain is shot, shifting suffers. Change the chain more frequently, and you won't have to replace your cogs and rings as often.

The cross-chain dilemma. The conventional wisdom is that cross-chain----riding in a combination of the big chain ring and the big cog, or small chain ring/small cog---is bad, but all racers set their bikes up to handle it. The reality is that it can at times provide the ideal gear, though it can lead to clumsy shifts. If you're on the inner chain ring in the front and small cog in the back, chances are if you shift into the big ring the chain will fall off. Conversely, shifting from the big/big is often slow.

From the Bicycle HandBOOK.

Traffic Lights

Cyclist, just like motorists, must obey all traffic controls.

It takes longer to travel through an intersection on a bike; plan to stop for yellow lights.

Avoid cars that run red lights by waiting for the signal to turn green and scan to make sure it's clear.

Detection

Bicycles must activate a vehicle detector just like a motor vehicle.

Detectors are embedded in the roadway; look for squares cut into the roadway.

Detectors use magnetic forces to pick up vehicles, not weight.

Unresponsive signals

In most states, after three minutes, you can treat a red light as a stop sign.

Pass through a red light only as a last resort.

Yield to other vehicles while crossing the roadway.

From League of Illinois Bicyclists

RIDE LEADER INSTRUCTIONS

On page 9 of the Pedaler, I have printed the **RIDE LEADER INSTRUCTIONS**, which are printed on the reverse side of the RIDE LEADER FORM, which we sign before leaving on a ride. This form is also available on our Website. We should all read these instructions. Most of us abide by these instructions, but I have noticed lately that one or two of the instructions are not being followed.

- **Do not call "clear" when crossing intersection.** (This can cause riders who are behind, not in a place to see both ways, to feel free to cross.)
- **Allow fellow riders to catch up if your group is split by change of traffic light, crossing traffic at a stop sign or personal needs.**

RIDE LEADER INSTRUCTIONS

Make sure that every rider/participant signs this form and is wearing a helmet. Discourage rider with unsound bikes from participating in the ride.

Ensure that each rider has a map and cue sheet.

Announce any special instructions regarding the route.

Introduce new riders.

Leave a copy of the map/cue sheet under windshield wiper for late arrivals.

The Leader should inform the riders of the following Rules of the Road for their own safety:

- Do not ride more than two abreast
- Avoid bunching up, especially on hills and intersections
- Signal your intentions to turn, change lanes, and slow or stop
- Advise those that you are about to pass by calling out “on your left” or “on your right”
- If you are slowing, give appropriate hand signals and say “slowing” or “stopping”
- Do not call “clear” when crossing intersection.
- Allow fellow riders to catch up if your group is split by change of traffic light, crossing traffic at a stop sign or personal needs
- Be alert for passing bicyclists and allow them room
- Move completely off the pavement when stopping for a rest or repairs and emergency vehicles.
- Signal road hazards and advise others of “car back” or “car up”
- Immediately get into single file when traffic is overtaking the group. Make room for others to move in
- If unfamiliar with the route or cannot follow maps and cue sheets, do not ride alone
- Ask riders if they do not intend to follow the prescribed route
- If a rider wishes to divert during the prescribed route, he/she should inform a fellow rider
- At the end of the ride, make sure each rider (those riding the prescribed route) is accounted for. Take the appropriate action to locate a rider that has not returned



BOX 917
Crystal Lake, IL 60039-0917

www.mchenrybicycleclub.org

Welcome New Members SPRINGING Into the New Season

Christopher and Mary Ann Carter, Sleepy Hollow

Tracey Eggebrecht, Genoa City

Future "Save the Dates"

(See past/present/future articles for details)

Aug 4-11	7-Day Ride
Aug 21-22	2-Day Plastic Ride
Sept 5-10	Camping Trip
Sept 11-??	Camping Trip
Oct 3-8	Camping Trip
Nov 10	Annual Banquet

Mark your 2007 calendar