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**CLUB WEBSITE!**

**Log on often**

And  
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Friends

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

## President's Letter



The gavel has changed hands as of today. As the new president of the club, I'd be remiss if I didn't give due to my predecessors. I've been a member since 1993 and have witnessed some dramatic changes along the way because of what our members have brought to the table. When Phil Gardner came on board, he brought his extensive computer expertise which was on the forefront at the time. As a result of his time and dedication, we have our professional looking and user friendly MCBC website, a huge step forward for our club in terms of exposure and legitimacy.

Next came Dick Homan. His claim to fame was tweaking our Udder event to make it more profitable and cost efficient than ever before. In addition he managed to bring our dream of an official club jersey to fruition.

Following Pres. Homan, was another Richard of sorts, a "May" this time. He brought leadership, people skills, insight and another vision to our club. He wanted to keep it simple and fun and "Just Ride". Dick's vision included expanding our routes beyond our beloved Tuesday Hebron ride (which we could do with our eyes closed) and our Thursday rides to Twin Lakes. That change was easily adopted and haven't we all enjoyed the variety of rides!

Our most current man on the job is Geoff Mumford. His efforts and accomplishments are many as well. He and Dick May ran with creating maps of new routes with variations and accommodations for our "special needs" riders, while making them available via the MCBC email and the website. This made accessing maps or leading a ride as simple as a couple of clicks on the computer. In addition, our first seven day ride up the Mississippi was Geoff's brainchild. So as you can see, the quality and quantity of our "Just Rides" has risen sharply over the last few years. Geoff continues to be the ride coordinator and newsletter editor, two of the most demanding jobs of the club. Hafta keep that man around!

So with all that ground work completed and the club rolling along, what's left for me to contribute? Three words: Work on **SHARING OUR CLUB!** We all know we have something special and life changing here, don't we? For many of us, this is the only exercise we get on a regular basis. We've developed a social life around our club with our weekly camaraderie. We have the best routes and a plethora of maps to support them. And those outstanding camping events, why you'd have to pay big \$\$ to have a fully mapped, supported camping experience such as ours. So why keep it to ourselves?

I'm looking forward to working with the new board and our members to continue to make this a premier club. Meanwhile, mark your calendars for our annual Winter Picnic on February 9.

Hope to see you there,

**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 tentative schedule for the 2008 camping trips. You can get complete details about each trip by contacting the hosts. Days listed are for Monday through Friday, but some campers do extend the days to arrive earlier. Rides will be planned for Tuesday, Wednesday and Thursday. Other rides or activities will be suggested for extra days. **YOU** need to reserve the days you can go directly with the camp ground and let the camping hosts know. Non-campers are encouraged to join the group and stay in nearby motels.

**MAY 18-23 THOMSON CAUSEWAY RECREATION AREA, IL** Hosts: Chuck & Kathy Lemke, 847-223-5394, [kclenke@aol.com](mailto:kclenke@aol.com) The campground is located on the Mississippi River in Thomson, IL. This is an Army Corps of Engineers camping area. Reservations can be through [www.Recreation.gov](http://www.Recreation.gov). after November 18,2007 Those wanting to include weekend days need to reserve their sites early. The hosts suggest reserving in the Hickory Point Area,(HPA) sites 112-126.

**JUNE 16-20 BOULDER JUNCTION, WI.** Host: Pat Kellogg, 815-459-6049, [pkellogg@stans.net](mailto:pkellogg@stans.net)  
CAMP HOLIDAY, 715-385-2264

**JULY 14-18 DOOR COUNTY, WI.** Hosts: Dorwin & Ruth Blair, 815-943-7884, [dorandruth@charter.net](mailto:dorandruth@charter.net)  
BAILEYS GROVE CAMPGROUND, 920-839-2559 [campnowwi@yahoo.com](mailto:campnowwi@yahoo.com),

**AUGUST 18- 22 (The month will depend on when the MCBC touring trip is planned)**

or

**SEPTEMBER 15-19 SPRING GREEN WI** Hosts: Roger & Elaine Foin, 815-678- 2132  
[roger@xjrdesign.com](mailto:roger@xjrdesign.com) The Foins have reserved sites for the group at BOB'S RIVERSIDE RESORT.  
Please contact the Foins to get a site

**August/September – Location and date to be decided by those not going on the tour.** WILTON , WI county park and LANESBORO, MN are one possibility Hosts: Dorwin & Ruth Blair, 815-943-7884,  
[dorandruth@charter.net](mailto:dorandruth@charter.net)

**OCTOBER 6-10 MADISON, WI, DANE COUNTY PARKS:** Hosts: Andy & Anne Lunk, 815-455-9239,  
[aanno@mc.net](mailto: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. General information about the camping trips can be found on the web site, [www.mchenrybicycleclub.org](http://www.mchenrybicycleclub.org) If you want to be added to the MCBC camper's list to receive advance information please let Ruth know.



### Hiking and Skiing



Our Hiking and Skiing Schedule is similar to our Riding Schedule – Tuesday, Thursday and Saturday or Sunday. Please check Event e:mails weekly for times and location. If you have a favorite hiking or cross-country skiing area, please contact Geoff at 262-877-9132 or [mumfordg@charter.net](mailto:mumfordg@charter.net).

## **MCBC General Meeting and Banquet**

On Saturday, November 10<sup>th</sup> 2007, MCBC held their General Meeting and Banquet at the Crystal Lake Country Club in Crystal Lake. Anne Lunk and Connie Steffen did a magnificent job of selecting the menu and organizing the function. We had 53 members in attendance and enjoyed a wonderful dinner. Prior to dinner, a short General Meeting was held to elect the new Board for 2008. The following members were elected: Anne Lunk, President; Tom Baer, Vice President; Helen Noskowicz, Treasurer; Pat DePaepe, Recording Secretary; Cathy Cwick, Membership Director; and Geoff Mumford, Touring Director. A big thanks was given to the three retiring members who over the past two years have served the Board: Sam Wexler, Marge May and Mary Lou Mumford. After dinner Connie Stephen handed out this year's "Tongue in Cheek" Awards.

## **Health Education Lecture**

Dave O'Brien will be speaking on January 18<sup>th</sup> on "Fueling Your Body for Repair." Dave O'Brien is a famous marathon runner: 38 Marathons and 350 races worldwide. For more information, contact Sue or Fred Figas at (815) 338-1790 for location and time.

## **Chicago Bike Show**

The 2008 Chicago Bike Show will be held at the Donald E. Stephen's Convention Center, Rosemont, Illinois on:

|                    |                        |
|--------------------|------------------------|
| Saturday, March 29 | 9:00 a.m. - 7:00 p.m.  |
| Sunday, March 30   | 10:00 a.m. - 5:00 p.m. |

**The following article was published in the McHenry County Conservation District Landscapes, Winter 2007-2008 edition:**

**Mary Winkel – Education Volunteer**

If you were to step into a day in the life of Education Volunteer Mary Winkel you would most likely find yourself outdoors hiking, biking, staying active and consuming everything the hours had to offer. “Life is short and precious and meant to be lived,” Winkel declares.

A spry, energetic, retired physical education teacher from McHenry High School of 34 years, Winkel doesn’t want a single day to slip by without having done something functional. Functional for some means getting through the day’s chores, but for Mary it’s more like trekking 12 miles by bike with members from the Prairie Trail Safety Watch and McHenry Bike Club or planning her next backpacking adventure to Colorado.

Both Mary and her husband, Bill, look forward to their many adventures camping, canoeing, hunting and backpacking. Together, they have explored the San Juan Mtn. Range and Yosemite High Country. Mary hopes to do another 14,000 feet peak climb and get accepted on the TV show Survivor. (She will be applying for the third time!)

All this outdoor experience makes Mary a natural as a Conservation District volunteer. Since 2002 when she retired from teaching and was seeking something rewarding to fill her day, Mary has been assisting with education programs and patrolling with the Prairie Trail Safety Watch group.

When she started volunteering, she only signed up to do fall and spring field trips. “But, the more I volunteered the more I wanted to do. It was contagious.” Said Winkel. Now Mary takes the short drive from her home to Glacial Park for Monday, Wednesday and Friday programs, then rides with the bike club on Tuesdays and Thursdays. “I love being outdoors and try to communicate those feelings to the kids I work with so that they just can’t wait to get outside and play!” said Winkel.



## Cross Country Skiing

It's time to get out those old dusty skis and tune them up before the first snow flies. I will be going up in the attic and bringing down all of our skis. They will probably sit in the utility room until I'm sure we can use them. I usually need about 6 inches of snow to become motivated. Jackie and I have 3 pair of skis each---one for skating and two for striding. One of the striding skis is wax able and the other no wax. My procedure of scraping, cleaning and waxing will take me about 4 hours. Yes, you should wax the waxless skis. Then there is the task of assembling the Thule rack on the Subaru to carry all 6 pair of skis. Skis ready, rack on the car and we are ready to ski. That is assuming Jackie has found all our ski boots, clothing and extras. You never know what the conditions will be from day to day so be prepared. The best advice: go right after it snows because it might not be here tomorrow.

Here are a few phone numbers and websites that you can refer to during the season:

- South Kettle DNR hotline 262 594-6202
- North Kettle hotline for Greenbush 920 467-2099
- Nine Mile Forest Wausau 715 693-3001
- Minocqua Winter Park 715 356-3309
- ABR 906 932-3502
- This is the best website to check the snow conditions for the whole state of Wisconsin. <http://www.crh.noaa.gov/mkx/hydsd.jpg>

*Dick Homan*

## Trip to Voler

Our daughter, Lori, lives out in Los Osos, California. She knows how much I like Voler products. Our MCBC jerseys were made by Voler and most of our biking shorts are produced by Voler. We will only purchase Voler bike jerseys at tandem rallies. Other jerseys do not feel good or fit right.

One of my daughter's friends is the son of Tom Voler, who is Voler's president. Thru his son we were able to tour the factory in Grover Beach, California. Voler, by the way, is pronounced vol-lay. Tom took us on a tour of the entire facility, which by the way takes up about a 1/4 of a city block. He started out in the building that places the image on a special paper that can be used only once. This paper becomes the pattern for the jersey. This is all done after the computers produce the design. The actual transfer of colors to the cloth material is done by sublimation process. That means it's like dry ice---the paint goes from a solid to a gas and skips the liquid phase. That's why the colors last so long and never fade. The material is then cut out and sewed at the facility. All Voler products are made in the USA. The only competition comes from China. As soon as the order is complete, it is shipped out; no jerseys are stored. The tour took about an hour and it was good to see that Tom knew everyone by his or her first name. We saw close to 75+ employees. The best part of the trip was the Voler outlet store. We found some great bargains and would recommend everyone subscribe to the Voler monthly email newsletter. There are a lot of good deals all year long.

*Dick Homan*

## CONGRATULATIONS SAM



In a recent article of the Pedaler I wrote about why I joined a bike club. I mentioned that I became involved with the Chicago Bicycle Federation, now the Chicago Bicycle Federation. Right after the article I received a call from the organization inviting me to their annual meeting to receive the Hall of Fame Award for my early involvement with CBF, 1986-1992. I was an early board member who helped raise money by creating the BLT ride, a ride I still love. On October 22, 2007 the Hall of Fame Award was given in recognition for building a movement with CBF's events.

*Sam Wexler*

## BIKE SHOPS

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

|             |         |
|-------------|---------|
| Trek        | Giant   |
| Gary Fisher | Mirraco |

**Wheel Works**, 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       |      |

McHenry County Bicycle Club

Box 917
Crystal Lake, IL. 60039-0917

MEMBERSHIP APPLICATION

Print and mail this application with a check or money order made payable to: McHenry County Bicycle Club

Membership: New \_\_\_\_\_ Renewal \_\_\_\_\_ \$15.00 Individual or family

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

Please indicate the type of cycling that interests you. This will help the Board in planning rides:

\_\_\_\_\_ Recreational \_\_\_\_\_ Fast paced \_\_\_\_\_ EZ/Trail Rides

Please indicate other activities in which you are interested:

\_\_\_\_\_ Hiking \_\_\_\_\_ Camping \_\_\_\_\_ X-C skiing

Other: \_\_\_\_\_

The pace (mph) I prefer to ride is:

\_\_\_\_\_ 8-12 \_\_\_\_\_ 12-16 \_\_\_\_\_ >16

The distance (miles) I prefer to ride is:

\_\_\_\_\_ 10-20 \_\_\_\_\_ 20-30 \_\_\_\_\_ 30-50 \_\_\_\_\_ 50-75 \_\_\_\_\_ >75

The McHenry County Bicycle Club is run by an elected volunteer Board of Directors by and for its membership.

MCBC needs volunteers to help make its programs a success. Please indicate your willingness to help in any of the following areas:

\_\_\_ I can lead a ride (preferred month): \_\_\_ Any \_\_\_ Mar \_\_\_ Apr \_\_\_ May \_\_\_ June \_\_\_ July \_\_\_ Aug \_\_\_ Sept \_\_\_ Oct

\_\_\_ I can help at the Udder Century Ride: \_\_\_ Registration \_\_\_ Rest stop

\_\_\_ I am interested in serving on the Udder Century Committee

\_\_\_ I am interested in serving on the MCBC Board

\_\_\_ I am interested in serving on the following Committees:

\_\_\_ Publicity \_\_\_ Newsletter \_\_\_ Safety/Education \_\_\_ Social \_\_\_ Other

PLEASE READ AND SIGN BELOW

FAILURE TO SIGN WILL RESULT IN THIS APPLICATION BEING RETURNED TO YOU

STATEMENT AND RELEASE

As a member or participant in the McHenry County Bicycle Club, I hereby waive, release, and discharge any and all claims for damages, at law or equity, including, but not limited to, claims for death, personal injury or property damage which I may have, or which may have hereafter accrued to me, as a direct or indirect result of my participation in the McHenry County Bicycle Club and its events. This release is intended to discharge, in advance, McHenry County Bicycle Club, Inc., its successors and assigns, the promoters, the sponsors, the officials and any involved municipalities or other public entities (and their respective agents, officers, directors, employees, members, successors and assigns) from and against any liabilities arising out of or connected in any way with my participation in any and all McHenry County Bicycle Club activities and events, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle events and that participants in bicycling events occasionally sustain mortal or serious personal injuries and/or property damage as a consequence thereof. Knowing the risks of participating in bicycling events, I hereby agree to assume those risks and to release, indemnify and hold harmless all of the persons or entities mentioned above who might otherwise be liable to me for damages. It is further understood and agreed that this waiver, release and assumption of risk is binding on my heirs and assigns. I also understand that helmets are required and following the Rules Of The Road is expected.

Signature(s) of Participant(s) (or Parent or Legal Guardian of a minor Participant)

Date



BOX 917  
Crystal Lake, IL 60039-0917

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

## WELCOME NEW MEMBERS

Bonnie Pink and Len Lisitza  
Lorna Wolff

McHenry, Illinois  
Woodstock, Illinois

### Future "Save the Dates"

(See past/present/future articles for details)

|            |                                   |
|------------|-----------------------------------|
| Feb 9      | General Meeting and Winter Picnic |
| May 18-23  | Camping Thompson Causeway, IL     |
| June 1     | Udder Century                     |
| June 16-20 | Camping Boulder Junction, WI      |
| July 14-18 | Camping Door County, WI           |
| Sept 15-19 | Camping Spring Green, IL          |
| Oct 6-10   | Camping Madison, WI               |
| Nov 8      | Annual Banquet                    |

Mark your calendar for 2008