


PEDALER



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

October 2008

**2008 MCBC
Board of Directors**

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Anne Lunk
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aanno@mc.net

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Membership Director

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

Touring Director

Geoff Mumford
(262) 877-9132
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

**McHENRY COUNTY BICYCLE CLUB
ANNUAL BANQUET**

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

Saturday, November 8, 2008

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

**CHANGE 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

WANTED

The positions of **Club Treasurer and Membership Director** are open for 2009. Please contact Pat Kellogg, Mary Lou Mumford. or Anne Lunk if you wish to volunteer.

**GENERAL MEETING
Wednesday, October 29
7:00 p.m.**

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

**FAITH IN ACTION FUND
RAISING**

October, 17-18-19
17401 Garden Valley Road
Woodstock, IL
Stop 5

The Lunch Barn serves Brats with cooked onions/peppers or a BBQ Beef Sandwich. Proceeds benefit county seniors through Faith in Action. Ride on out and join us for lunch. Maps & cues to follow.

Rhonda Anderson

QUOTE OF THE MONTH

The journey of life is like a man riding a bicycle. We know he got on the bicycle and started to move. We know that at some point he will stop and get off. We know that if he stops and does not get off he will fall.

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SUPPORT YOURCLUB WEBSITE!Log on often

And
Tell your
Friends

www.mchenrybicycleclub.org

Madame Prez Sez



We've all done it many times over the years. I'm just as guilty, ignoring the cat calls, going blissfully on my way. But my conscience has gotten the best of me... I know I have to start doing what is right "as an example" for others around me. I'm talking about blowing through stop signs with nary a sideways glance, eyes tunneled towards the backsides of my buddies' bikes. It bothers me when I occasionally hear that voice calling out..."Hey that was a stop sign!!" So it has to stop... at least for me. No longer will I plow across a street without at least slowing down and looking in both directions. I will even stop if I discern that my safety might be compromised (which could be some irate motorists coming up behind me). But the bigger issue here for me is *public perception*. I think how it must look to the general public when fifteen or twenty riders disregard signage in Woodstock or any town as if it doesn't apply to them? We, as an organized bicycle club, need to encourage the *perception* that we are responsible riders and walking the talk. We don't need more of the public coming down on the riding population in the form of increasing rules and regs... not if we just regulate ourselves. It's so easy to just do the right thing. Won't you join me????? OK, I'm off the soap box now.

Six of us spent last week riding (in various modes of transportation) the TRIRI bike ride through hilly Southern Indiana. I hear some of the road grades reached a whoppin' 26%... tough for even a brand new Chrysler minivan to climb. Sunday's violent storm left us in a literal twilight zone after knocking out the electric for several hours. But Brown County State Park Lodge rose to the occasion when they fed all 200 of us by candle and flashlight. The best quote came from the organizer when he said, "I hope you enjoyed tonight's dinner because it might also be tomorrow's breakfast!" The rest of the week was superb with some of the prettiest scenery, abundant vittles, new friends and amazing good luck we all came home unscathed).

It's that time again!!! Elections of the new Board are coming up at the November 8th banquet and we have some major holes. I mean "Vacancies" in our slate. Currently, the positions of Membership and Treasurer open. Kudos to Cathy Cwick and Helen Noskowitz for their jobs well done. It should be fairly easy to step into either position since both gals are very organized, adept at their jobs and eager to train their successors. Perks include working with new people, bi-monthly meetings and flexible hours. Please consider taking a leadership roll if you can. The survival of any club depends upon the level of commitment from its members. Feel free to contact any of the current board members, Mary Lou Mumford or Pat Kellogg both of whom are heading the nominating committee this year.

See you at the October 29th General Meeting. More details to follow.

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

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.

OCT. 5-10 MADISON, WI. DANE COUNTY PARKS. Hosts: Andy & Anne Lunk, 815-455-9239, 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.

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

2009 CAMPING DATES

These are the tentative dates set aside for the 5 day camping trips in 2009. Please note that they include Sunday through Friday, the 3rd week of most months. Sunday and Friday are to be drive days with planned activities Monday through Thursday. More details and descriptions will be sent with the winter newsletter after the holidays. New leaders and camping places are welcome, especially for September and October

May 10-15 or May 17-22	Destination to be decided. Leaders are the Lemke's
June 14-19	Boulder Junction. Leaders are the Lunk's
July 12-17	Door County Leaders are the Blair's
August 16-21	Spring Green Leaders are the Foin's
September 13-18	Destination to be decided. Leaders needed
October 11-16	(Columbus Day weekend) Destination to be decided.

Leaders needed.
Activities include 4 days of rides, usually between 30 and 50 miles long.
Kayaking, canoeing, hiking, and swimming are optional choices.

Please contact Ruth Blair if you have suggestions or are interested in leading a camping trip. 815-943-7884 dorandruth@charter.net



October 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
WEEKLY RIDES			
Sundays 7:00 a.m.	Fast Folly (Road or Mountain Bike Mania?) 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 dsetzler@imaxx.net	Intermatic Plaza south parking lot; SR-12 north to Spring Grove, IL
Tuesdays 9:30 a.m.	Northern Illinois: 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
Tuesdays 9:30 a.m.	Northern Illinois: Varied Routes to Hebron, Woodstock and Harvard: 35 to 50 miles round trip.	Geoff Mumford [262] 325-7984 mumfordg@charter.net	Keystone Canoe Basin Keystone Rd and Barnard Mill Rd. Richmond, IL
Thursdays 9:30 a.m.	Southern Wisconsin: Varied routes to Twin Lakes and Lake Geneva: 15 to 25 miles round trip at a leisurely pace.	Helen Noskowicz [815] 728-0184 Gerri Fitzgerald [815] 344-6491	Veterans Memorial Park Fellows Rd, Genoa City, WI
Thursdays 9:30 a.m.	Southern Wisconsin: Varied routes to Twin Lakes, Lake Geneva and Fontana: 35 to 50 miles round trip.	Geoff Mumford [262] 325-7984 mumfordg@charter.net	Veterans Memorial Park Fellows Rd, Genoa City, WI
RIDES AND EVENTS			
Saturdays	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 or Gerri Fitzgerald at cjfitz1@webtv.net regarding your preferences to day and time.

Non MCBC Rides

Sunday, October 12

8:00 a.m. - Noon

Second Annual Richmond's Associated Firefighter's Fall Fifty

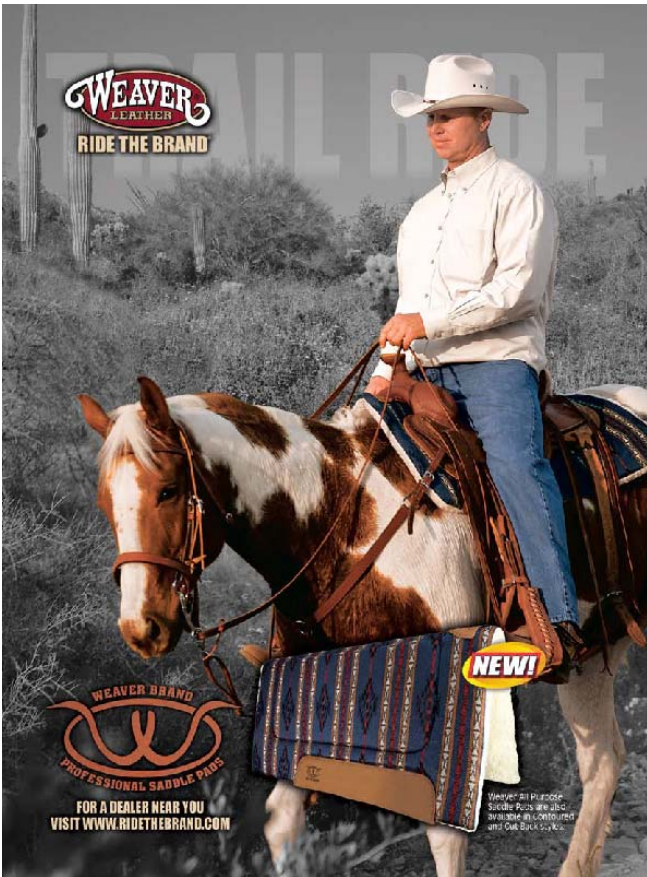
www.afftbikeride.org

Saturday, October 18

9:00 a.m. to 5 p.m.

Faith Action Fund Raising Event. www.autumndrive.net

www.fiamchenrycounty.org



Anne and Andy's son, Andy, lives in Arizona with his wife. Andy is an avid horseman. He owns several horses. He was recently asked to represent Weaver Leather in one of their ads in *Horse Illustrated*.



Earlier this year, Lydia and John's son, Steve, competed in the 2008 Pacific Cup race from San Diego to Hawaii. Steve (in the red and white lei) and his crew of four won the Cal 40 Class in his boat "Shaman" in a record time of 12 days 13 hours and 42 minutes. He lives in California with his wife and two children. Steve's dream is to sail around the world in his own boat with his family.

BICYCLE ADVOCACY FOR COMMUTERS AND ON ROAD RIDERS

Dear Fellow McHenry Country Bicycle Club Members:

My name is Eberhard Veit and I am a relatively new Club Member. I will give you a little bit of my background. I was born and raised in Germany where I also received my Masters in Chemical Engineering. I am still with the company I started with in Germany except that since 16 years I am working with the US branch of Eisenmann Corporation in Crystal Lake designing pollution control equipment. My wife Catherine & I have 3 children, 2 of which are in college and one in JHS.

Although we own 2 cars and use them too, the bicycle has always been my main mode of local transportation. In a typical year I rack up 1,500 - 2,000 miles, 90% of which are miles with a purpose. E.g. going to work, shopping, going to meetings and appointments, going to band practice to name a few. This also means that I spend 90% of my time riding on the road and sharing it with cars. As you know there are many good roads for that but also many bad ones. Bad ones are often more due to poor or thoughtless planning and not so much lack of money or funds. I have in the past silently worked with road departments and public works departments but would like to become more effective by combining forces with others that might be interested in improving on road bicycling and commuting.

What do I have in mind? Giving early input to road project to get paved shoulders, get roads re-stripped when repaving takes place to allow space for bicycles, getting dead-ending side-walks and trail connected to roads and other trails, getting shopping centers connected with trails to neighborhoods, getting neighborhoods connected with bike and walk trails and many more inexpensive but very effective measures.

What have I successfully done so far? Silver Lake Road trail in Cary was tied into should, Sands Road in CL was restriped to make some room for bicycles, Connected my neighborhood to the next neighborhood via a gravel trail that I have built myself.

What lies ahead: The biggest issue coming up is probably the reconstruction of Rakow road. (<http://www.co.mchenry.il.us/common/countydpt/highway/hwyImpPjts.asp> for more info). In essence the good part of the plan is to build a bridge for the Prairie Trail to cross Rakow Road, the bad part is to make it a 4 and 6 lane road with curb and gutter with absolutely no provisions for bicycles. Currently Rakow has a paved shoulder and is a very good E-W connection for experienced bicyclist. If you are interested in details please let me know. I have written an extensive letter to MC-DOT and am awaiting a response. I will keep you updated possibly needing your help. I am also working on a PowerPoint presentation about good and bad examples of integration or blocking out of bicycles.

If any of you would like to get involved with on road bicycle and commuter biking advocacy please let me know. This could mean as little a sending a form letter to officials or co-signing a letter, to talking to road departments or writing letters to the editor to how ever far you want to take it. As you may imagine I am mainly working on roads that I use on a regular basis thus it would be great if others could help out with input in their area. Any support at any level from good words to hard work would be appreciated. By the way, I am coordinating my efforts with IL Trails conservancy and the League of IL bicyclists.

Please let me know if you are interested in this.

Eberhard Veit, cell: 815-790-0125, eberhard.veit@eisenmann.com

6-DAY TRIRI RIDE – INDIANA

Comments from some of the riders:

TRIRI means "Touring Ride In Rural Indiana"; however, I think it really means "**Training Ride In Rural Indiana for the Tour de France**"! I fought my way up challenging hills, only to "live on the edge" coming back down the steep and sometimes winding roads at 38 mph. The hills of rural Indiana should be added to the extreme sports' list! Special thanks to Geoff for pumping up my tires each morning and to Mary Lou for her caring support. **We did it - 376 miles!**

Pat Kellogg

Waking up the morning of the ride with 15 other riders in a dorm (men only).
Steep hills, especially the one into Brown County State Park up to the Lodge.
Rain.

Wind gusts up to 50 mph.

Downed trees and debris all over the road.

Electricity outage (6 hours) in a two County area, including the Lodge.

Buffet dinner by candlelight and flash lights

And that was only the first day!!

Other than riding the second day for several miles on roads under repair (no fault of the organizers), this was a memorable ride enjoyed by six McHenry Bicycle Club Members and friend.

This was not a ride for beginners.

Pat was an inspiration to all of us. She rode the 380 miles---hills and all.

I am not ashamed to say I used my "granny gear" on many of the hills.

Geoff Mumford

The hills of Indiana were like the Roller Coasters at Great America for bicyclists! Beautiful countryside, great accommodations and excellent food.

Mary Lou Mumford



Left to right: Andy Lunk, Anne Lunk, Janice McCandless, Mary Lou Mumford, Geoff Mumford, Pat Kellogg

SUGGESTIONS ABOUT BETTER BRAKING

This past year, we have had a number of new members ride with us who have never ridden in a pack. I thought the following article in *Bicycling Magazine*, October, 2008 would be helpful:

Fingers Ready

Any time there's a wheel in front of you, i.e., you're drafting, rest your fingers on the brake levers. This way, you'll be able to brake quickly and minor slowdowns won't develop into emergency stop situations while your hands find the brakes.

Keep it Equal

In 99% of braking situations, you want to apply pressure evenly to each brake lever so that both tires share the road. This helps maintain stability and control. Practice on a grass field, sprinting up to speed then slowing as fast as you can without skidding. You'll need to modulate finger pressure on each brake lever, much like ABS on a car, to stop individual tires from skidding.

Turn Smart

Always brake before a turn. As you near the curve, apply equal pressure to the brakes to reach a manageable speed, and then release the levers before you begin the turn to let your speed carry you through. Braking in a turn wreaks havoc on the momentum, but if it's necessary for safety, then use the rear brake only—remember “right rear” to keep them straight in your mind, unless you've reversed the cables—because a front tire skid guarantees a crash. Skidding the rear may raise your heart rate, but it will allow you to steer out of trouble.

Learn to Stop Hard

When you master the emergency stop, you'll have greater overall stopping confidence because you'll know this move is there when you need it. For more braking power, put your hands in the drops. Then, for added stability, push your weight back behind the saddle by shifting your butt and straightening your arms. Practice on the grass, with a goal of not skidding. Remember: fresh brake pads greatly increase stopping performance—replace them regularly, consulting with your bike shop if you're not sure.

After you master these, you'll be able to anticipate a key skill for every cyclist from beginner to Tour de France champion. When you anticipate that the rider in front of you is going to swerve, for example, you won't have to overreact by slamming on the brakes. In many scenarios, continuing to pedal while braking lightly will get you out of trouble. The overall effect: You won't be a yo-yo, that person who brakes hard then accelerates to regain momentum and wastes energy in the process.

ROAD RAGE

Bicycling Magazine writer Bill Strickland suggests the following when a conflict occurs:

- Introduce yourself and put out your hand
- If you rolled through a stop sign or did something even remotely wrong, apologize
- If the driver cites an incorrect belief about road rules, point it out with empathy: “Actually, it is legal to ride two abreast in this state, but I know it can be frustrating to wait to pass”
- Cite the bottom line: “It's extremely dangerous for cyclists out here when people lose their tempers
- Two cars can have a minor fender bender but if you and I collide, I could die. It's not worth it for either of us
- Cut off the interaction to avoid further escalation: “I have to take off now. I hope that the next time we see each other it can be on better terms”

A NOTE FROM BOB MAUCH

I just want to write that I could not be happier than I am about being a member of "The Club". I have had a lot of questions and needed a lot of help. The membership has offered their support whenever I asked and advised me of things I should consider when they observed I needed guidance. Thanks to all. You folks are the best!!!!!!!

Bob Mauch

1st 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 1st Century Ride List, please contact Geoff Mumford at 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)



BOX 917
Crystal Lake, IL 60039-0917

www.mchenrybicycleclub.org

WELCOME NEW MEMBERS

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

Oct. 5-10	Camping Madison, WI
Oct. 29	General Meeting
Nov. 8	Annual Banquet

Mark your calendar for 2008