

Board Members

President

Bob Sack

630 323-5711

judy8831@aol.com

Vice President / Ride Captain

Ed Curtin

847-981-1677

curtine1@attbi.com

Secretary

Sharon Ganske

312-298-2300

Ganskesh@hotmail.com

Treasurer

Chuck Ziemer

630-323-8083

cziemer2@earthlink.net

Membership

Ellen Johnson

630-595-4910

Eljohnson@household.com

Standing committees are people who volunteer their time and efforts. They are the people who make the many activities of EBC possible. They call upon you to get things done. **Say Yes!**

Metro Metric

Petra Hofmann

petralyn@chicagonet.net

and

Jeanne Whiting

jwhit7@megsinet.net

Newsletter Editor

Larry Gitchell

708-409-0105

LarsofMars@aol.com

Database Manager

Mary Moroney

630-629-1812

cycling33@attbi.com

Route Librarian

Rich Kuhlman

630-462-5427

rkuhlman99@attbi.com

Newsletter Collating

JudyMikesell

630-833-1036

mikesell2@juno.com

Advocacy

Mike Incopero

mystromboli@mac.com

List Server

Marty Kotecki

orionradion@msn.com

Safety

Ted Sward

708-354-5782

Publicity

Betty Bond

630-932-0271

Betzbond@aol.com



Cue Sheet

March 2002

25 years and still Riding!

A club serving the western suburbs, Northern Illinois, and beyond.
We ride anywhere, any time of day or night, year round. Come join the fun!



Bike riders attending the groundbreaking ceremony for the new southern DuPage Trail: (from left) LIB President Ed Barsotti, Betty Bond, Carol Nield, Lou Fish, Mary Jo Bolan, Ted Sward, Arne Jorgensen, and Jim Hennig. Also attending, but not pictured, were Rich Kuhlman, Dick Major, and Ed Curtin.

DuPage County Breaks Ground For New Southern Trail

WHEATON—February 19, 2002 DuPage County Board Chairman Robert Schillerstrom and Environmental Committee Chairman Tom Bennington today led the County in breaking ground for the new Southern DuPage Region Trail. Once completed, the 46-mile trail will create a regional facility linking existing and proposed off-road trails and bikeways in several communities and the DuPage County Forest Preserve District.

“Intergovernmental cooperation is the key to this entire project,” said Bennington. “The ability to link to existing and proposed municipal trails as well as forest preserve trails is what makes this project feasible.” DuPage County will construct 26 miles of the new system at an estimated cost of \$8 million. The DuPage Forest Preserve District and local communities will construct an additional 12.4 miles of the trail. The plan also incorporates 7.6 miles of existing trail into the trail system, which will eventually link Aurora; Naperville; Woodridge; Darien; Bolingbrook; Downers Grove; Westmont; Clarendon Hills; Willowbrook; Burr Ridge; Hinsdale, and unincorporated areas of Naperville, Lisle and Downers Grove Townships.

Schillerstrom and Bennington (District 3) have been actively working to provide a linked trail facility for DuPage County. The Prairie Path and the Great Western Trail expansion and improvement projects have historically been spearheaded by outside organizations. Schillerstrom recognized the need for the County to step in and coordinate the effort in the southern part of the county. “I have long been an advocate for connecting the trail systems in DuPage County so we no longer have to get in our cars and drive to access a trailhead,” he said. “DuPage County has one of the best trail systems in the state and with the addition of the new Southern DuPage County Regional Trail our residents will be able to travel from east to west and north to south in the County without ever having to leave the system.”

Engineering studies are underway on most of the County and Forest Preserve portions of the trail. The Forest Preserve is presently constructing the Greene Valley Spur and the County anticipates construction on the Hobson Road portion of the trail to begin in May this year.

For more information: Rena Mack (630) 682-7413

New Spokes on the Wheel

Complied by Database Manager
Mary Moroney

ARRON & BETH BECK
WESTMONT
arronbeck@attbi.com

JAN CLEMENTS
AURORA
janlu44c@aol.com

JIM CONNOLLY
ELMHURST

GERALD C. LONG
BOLINGBROOK
geraldlongo@aol.com

SUZANNE & IAN MARTIN & CARL JOHNSON
ELMHURST
suzannemartin@netscape.net

SCOTT & BEVERLY AALTONEN MITZNER
CLARENDON HILLS
aaltonen@northwestern.edu

HELMUT NEUMANN
LOMBARD

JAMES & CHARMAINE ROTH
BROOKFIELD
cdr@attglobal.net

ROBERT, CHRISTINA & EMMA SAYRE
WESTMONT
rjsayer@theramp.net

MARK, VERONICA, MADELEINE & RYAN SHEA
ELMHURST
mshea@easyask

We're growing every month!

Type	Memberships	Members
Family	62	147
Individual	<u>128</u>	<u>128</u>
Total	190	275

Staying Connected

Please inform us of any additions or changes to your address, phone number, or email address. We'll print them in **Cue Sheet** as they change. It's our way of updating the EBC Directory on an ongoing basis.



Send changes to:
Mary Moroney
Database Manager
Elmhurst Bicycle Club
P.O. Box 902
Elmhurst, IL 60126

Or Email: cycling33@attbi.com

EBC Hotline—630-415-BIKE

Call for Ride updates, membership, and general information.

To organize an unscheduled ride, call **Ed Curtin**
847-981-1677 or e-mail **Ed** at curtine1@attbi.com

EBC Website

www.elmhurstbicycling.org

March Club Meeting

Thursday, March 14th, 7:15 P.M. at the
Community Bank of Elmhurst

- Program -

Laura & Rich Kuhlman's
Washington & Oregon slide show!

Upcoming Programs

April - Richard Diebold - Slides of Their Florida Bike Trip
May - Rich & Laura Kuhlman - West Coast Bike Trip—California
June - Mike Struglinski - Pointers On Bike Touring

Collating Party

Friday, March 29th at 7:00 P.M.

Not the 4th Friday—Again...

At the home of **Judy** and **Charlie Mikesell** in Villa Park

Call Judy at 630-833-1036 for details

Deadline Pressure

The deadline for submissions to the April Ride Schedule is March 16th, the second Saturday of March. Call Ride Captain **Ed Curtin**, **847-981-1677**, email **Ed** at curtine1@attbi.com, or see **Ed** at the monthly meeting. And remember, you can submit a ride to **Ed** anytime for inclusion in the unpublished rides sections of the **HOTLINE 630-415-BIKE** and website www.elmhurstbicycling.org. Unpublished rides are also posted to the club list server.

Editorial Guidelines

Cue Sheet welcomes articles, comments, notices and want ads. Please limit the length of all items to 1/2 page or less. Remember to keep it interesting, timely, and leave your reader wanting more. Proofreading or at least a pass through the spelling checker is a must! Please keep fancy formatting to a minimum, as items will have to be reformat- ted for publication. The editor retains the right to reduce or revise copy, as well as deciding when and if it is printed. Thanks for helping to make Cue Sheet the best bike club Newsletter anywhere!



The deadline for the April Cue Sheet is Monday, March 18th.

Send items to:

Larry Gitchell

315 E. Palmer Ave.

Northlake, IL 60164-1843

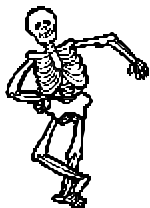
Phone: **708-409-0105** or **708-421-0120** (both lines have voicemail)

Email: LarsofMars@aol.com

Boogie at the Bog !

Saturday, March 02, 2002

10:00 AM



Northwest of Chicago is the state's only quaking bog. Volo Bog was created by glaciers and is composed of a floating mass of sphagnum moss and cattails. A wide variety of plants and animals inhabit this unique nature preserve. A slide presentation at the visitor center and a guided tour by a naturalist has been arranged for the club. A 3 mile club hike over boardwalks and trails will follow the tour. After the hike, we'll drive to lunch at a quaint local café around 1PM (why hike if you can't eat??). Reservations have been made at historic O'Train's Eatery in Wauconda, a restored 1847 hotel. Please note: No pets are allowed at the Bog. Directions: From I290/53 - Take Hwy 12 north thru Volo. 2 miles past 120/12 intersection, turn left on Brandenburg Rd; go 1 ¼ miles to Bog. More Info: [Linda GOLINL@attbi.com](mailto:Linda.GOLINL@attbi.com) or 630-682-5747.



Over The Bar

In March, the EBC will place an order for cycling wear with Voler Team Apparel. Our order will include short sleeve jerseys, sleeveless jerseys and vests. As of this writing (February 24th) there was not enough member demand for long sleeve clothing or shorts, so we won't be able to include these items in our order. Members who ordered shorts or long sleeve items will be provided a refund. Order ship date to the EBC is projected to be the week of May 13th.

We'll share details with everyone regarding the final colors used in our graphics as soon as that information is available and approved by the Board.

Thanks to all EBC members who placed orders for cycling wear, and thanks to the Board for again supporting this program and contributing funds to defray the cost of short sleeve items. —Tom Eggers

Attention All Easy Riders!

Think ahead to spring!

Now is the time to search out those new routes you've been wanting to lead. The planning meeting for this years Wednesday morning rides will be held on Wednesday, March 13th. At this meeting we will plan the rides for the whole year. The meeting will be held at the home of Carol Nield, 6236 Fairview Ave., Downers Grove. The meeting will be preceded by a 12—15 mile bike ride (or a hike if the weather is bad).

The ride/hike starts at 9:30 from Carol's house.

The meeting starts at 11:30.

Food will be served before the meeting.

You are invited to come for any or all parts of the day—the ride, the meeting, or the food. Bring your calendars and ideas with you.

The Wednesday morning rides are a very important part of the EBC schedule. Without leaders we cannot offer the great variety of rides that so many of our members enjoy.

If you want to lead a Wednesday morning ride but cannot attend the meeting, write, call 630-964-2488 or email **Carol**

2bike@prodigy.net with the information about the rides you would like to lead.

Jorgen Koch, an EBC member with his wife Mie since '85, recently passed away as a result of a head injury sustained in a fall outside his house. While recently unable to do club rides due to failing eyesight, this was not always the case. The first year I was in the club Jorgen won the award for most miles ridden. In the words of Mike I, "Ride On, Jorgen".

A memorial service for David J. Gitchell, father of Cue Sheet editor Larry Gitchell, will be held Saturday March 16th at George Justin & Son Funeral Home, 3519 West Elm (corner of Route 31 and Route 120), McHenry, IL 60050.

Please call Larry at 708 409-0105 (Home) or 847 288-7000 (Work) for further information.

**The Cue Sheet is also available to
EBC members in .PDF format for
Adobe Reader.**

**Email newsletter editor Larry Gitchell
at LarsofMars@aol.com for details.**

Cue Sheet will publish your want ads—free!

E-mail **Larry Gitchell** at LarsofMars@aol.com or mail to **Larry Gitchell 315 E. Palmer Ave., Northlake, IL 60164-1843**

Please let us know when your articles have been sold or when your Equipment Wanted request has been filled.

Ads will be deleted after three months. Notify us if you want them to run longer. Space permitting, we will accommodate you.

TREK UAV-2, 700 wheel-hybrid The ultimate hybrid, 4 years old, CARBON FIBER frame(smoke colored), LX throughout, seat post shock, bar ends, Manitou 700 front shock, Parallax hubs, Avocet cross tires, weight comparable to a good road bike. This is a fantastic bike which just does not fit me. Designed for a stand over height of a 31" inseam or 5'10" + rider. \$1200 new, will sell firm at \$475. **Erich Harper harpergraph@mindspring.com (630) 792-0936** (03/02)

Get ready for spring! For sale- Cinelli "Groove" threadless stem. 120 mm in silver with black accents. 1 year old- mint condition. A beautiful, strong yet light stem. Only fits "threadless" steerer tube/headset arrangements. Includes steerer tube sizing sleeve. Boxed. For sale because I needed a shorter stem (replaced it with a 110 mm Groove). \$40.00 (as they say in retail, "Compare at \$65.00!"). Contact **Tom Eggers bikedude53@attbi.com** (03/02)

March 2002

ELMHURST BICYCLE CLUB CALENDAR

The time of the event shown in the calendar below is the actual departure time. Please allow time for bicycle assembly and inspection, filling of water bottles, inflating tires, etc. prior to departure. The advertised pace will be at the discretion of the ride leader to allow for resistance to the wind and terrain. The pace is considered to be the maximum speed attained on a level road without appreciable head wind or tailwind. Please select the ride that best fits your ability. Know for yourself whether you are comfortable to sustain the pace and finish the advertised distance.

APPROVED SNELL or ANSI HELMET IS RECOMMENDED ON ALL RIDES.
USE OF HEADPHONES IS PROHIBITED BY THE ILLINOIS VEHICLE CODE,
AND THEREFORE IS NOT ALLOWED ON ELMHURST BICYCLE CLUB RIDES.
CALL THE EBC RIDE HOTLINE 630-415-BIKE FOR UPDATES.

Disclaimer

Elmhurst Bicycle Club Release and Liability Waiver

For liability protection and insurance purposes, it is the policy of the Elmhurst Bicycle Club ("EBC") to require all of its members to sign the Release and Liability Waiver which is a part of the EBC Membership Application. Guests of the EBC (which term includes all non-members of EBC) who wish to participate in any EBC bicycle ride **must** sign the equivalent release and liability waiver contained on the EBC Ride Sheet before the ride starts. Any guest refusing to sign the release and liability waiver may **not** participate in the ride. Should the ride continue, however, with the participation of the non-signing guest, the ride will no longer be considered to be an EBC sponsored or sanctioned ride.

Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., Mar 1	7:00 PM	Monthly Collating Party	Judy Mikesell's House Villa Park, IL	Judy Mikesell 630-833-1036	Newsletter Collating Party Join fellow members in preparing next month's newsletter. Call Judy for directions.
Sat., Mar 2	9:00 AM	Determined by Riders That Show	Depot Elmhurst, IL	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sat., Mar 2	9:00 AM	48 miles 12-14 mph	Depot Elmhurst, IL	Larry Gitchell 708-409-0105 H 708-421-0120 C	High Wheelers to High Wheeler '02 Take a ride to the Model Railroad Exhibit at Harper College in Palatine. Cue sheet will be provided for those who want to go faster/slower, or leave early. If you want to visit the train show, bring a lock and money for show admission (\$5) and snacks.
Sat., Mar 2	10:00 AM	4-5 miles hike	Volo Bog	Linda Lauer 630-682-5747 golint@attbi.com	Boogie at the Bog! See article in this newsletter. Directions: From I-290/Rt.53, take Rand Rd. (Rt 12) Northwest thru Volo, 2 miles past the Rt. 120/Rt. 12 intersection. Turn left on Brandburg Rd.; go 1 1/4 miles to Bog.
Sun., Mar 3	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst, IL	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 12 Noon
Sun., Mar 3	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn, IL	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Mar 3	1 PM	2 hour ride 16-20 miles 8-10 mph	Villa Park Depot Villa Park., IL	Kacy Worcester 630-941-8532	New Adventure Ride If conditions are not good for riding, then a hike will be considered. If raining, then the event is cancelled.
Mon., Mar 4	7:00 PM	Board Meeting	Ed Curtin's House Elk Grove, IL	Ed Curtin 847-981-1677	Monthly Board Meeting
Tues., Mar 5	6:30 PM	Ladies Only Free Bike Clinic	Hartley Bike Shop Hinsdale, IL	Ed Curtin 847-981-1677	Ladies Only Free Bike Clinic Ken Hartley from the Hartley Bicycle Shop in Hinsdale is offering a bike clinic for "Women Only" in March 2002. A couple of years ago Ken offered a similar bike clinic that turned out to be a big success. The clinic will cover basic stuff like removing a wheel and fixing a flat tire, lubing the drive train, etc. Anyone interested in going to the clinic should contact Ed Curtin at 847-981-1677 for a reservation.
Wed., Mar 6	9:00 AM	20-25 miles 11-13 mph	Madison Meadows Park Lombard, IL	Betty Bond 630-932-0271	First Day of Spring Ride Directions to Madison Meadows Park: From the corner of Myers/Westmore and Roosevelt Rd. go N. to the 2 nd stoplight Wilson Ave. Turn left (west) on Wilson go approx. 6 blocks to the park entrance on the right side of the road.
Wed., Mar 6	6:30 PM	Med. pace	Gazebo Glen Ellyn, IL	Show & Go	Wednesday Night Medium Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Wed., Mar 6	6:30 PM	20-30 miles 16 mph	Gazebo Glen Ellyn, IL	Fast Show & Go Trail Ride	Wednesday Night Fast Pace Show & Go. The riders that show will determine the ride leader. Mountain Bike or Hybrid recommended. Front & Rear lights required. Many area trails will be explored including some occasional unmarked ones..
Sat., Mar 9	9:00 AM	Determined by Riders That Show	Depot Elmhurst, IL	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sat., Mar 9	9:30 AM	6 miles or less hike	Historical Museum Romeoville, IL	Susan Kilgore 630-515-1865(H) 312-727-3597(W)	This hike provides everyone's favorite distance. Since we hike 3 miles out and 3 miles back, you can turn around when you want to. Meet at 8:30 AM for breakfast at FUNNY'S Family Restaurant located at the corner of Rt. 53 and Romeoville Rd.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Mar 10	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst, IL	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 12 Noon
Sun., Mar 10	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn, IL	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Mar 10	1 PM	2 hour ride 16-20 miles 8-10 mph	Villa Park Depot Villa Park., IL	Kacy Worcester 630-941-8532	New Adventure Ride If conditions are not good for riding, then a hike will be considered. If raining, then the event is cancelled.
Tues., Mar 12	9:30 AM	15-18 miles 8-10 mph	Spring Rock Park Western Springs, IL	Gerry Fekete 708-352-0913	New Adventure Ride Ride to Riverside with a stop at Grumpy's.
Wed., Mar 13	9:30 AM 11:30 AM	12-15 miles 10-12 mph Planning Meeting	Carol Nield's House Downers Grove, IL	Carol Nield 630-964-2488	Neighborhood ride followed by Planning Meeting for Easy Rider's Year 2002 Planning for this years EASY RIDERS schedule will follow the bike ride at 11:30 AM at Carol Nield's house (6326 Fairview, Downers Grove, IL). Bring your calendars and ride ideas with you.
Wed., Mar 13	6:30 PM	Medium pace	Gazebo Glen Ellyn, IL	Show & Go	Wednesday Night Medium Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Wed., Mar 13	6:30 PM	TBD 16-18 mph	Gazebo Glen Ellyn, IL	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Ride An all road ride. Lights, front & rear are strongly recommended.
Thu., Mar 14	7:15 PM	Monthly Club Meeting	Community Bank of Elmhurst	Ed Curtin 847-981-1677	Monthly club meeting at the Elmhurst Community Bank located at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst, IL
Sat., Mar 16	8:30 AM	9 miles hike	Argonne Labs Northgate parking lot	Susan Kilgore 630-515-1865(H) 312-727-3597(W)	WATERFALL GLEN CIRCLE TRAIL We will hike the entire route around Argonne Nat'l. Lab. Bring snacks and water and be prepared for 3 hours or more of walking. Park at the Northgate lot off Cass Ave., south of I-55. NOTE: If the ground is snow covered, call Susan before 7:30 AM Saturday
Sat., Mar 16	9:00 AM	Determined by Riders That Show	Depot Elmhurst, IL	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., Mar 17	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst, IL	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 12 Noon
Sun., Mar 17	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn, IL	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Tues., Mar 19	9:30 AM	15-20 miles 8-10 mph	Fullersburg Woods FP parking lot	Mary Jo Bolan 630-887-9652	New Adventure Ride Ride through Oak Brook and surrounding towns. Stop for coffee at Panera Bread in Downers Grove.
Wed., Mar 20	9:30 AM	14 miles + or – 10-12 mph	Spring Rock Park Western Springs, IL	Ted Sward 708-354-5782	Kirsten's Bakery – Burr Ridge The ride will be over miscellaneous roads
Wed., Mar 20	6:30 PM	Medium pace	Gazebo Glen Ellyn, IL	Show & Go	Wednesday Night Medium Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Wed., Mar 20	6:30 PM	TBD 16-18 mph	Gazebo Glen Ellyn, IL	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Ride An all road ride. Lights, front & rear are strongly recommended.
Fri., Mar 22	3-8 PM	Chicago Bike Show (Formerly CABDA)	Navy Pier Chicago	Larry Gitchell 708-409-0105 H 708-421-0120 C	Subaru Chicago Bike Show & Fitness Expo Hotline 847-675-0200 Regular Admission \$8.00, Children under 12 \$4.00, Children under 6 free Family Day Sunday Children under 12 Free Discount coupons available at the website www.chicagobikeshow.com
Sat., Mar 23	10AM-7PM				
Sun., Mar 24	10AM-5PM				
Sat., Mar 23	9:00 AM	Determined by Riders That Show	Depot Elmhurst, IL	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., Mar 24	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst, IL	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 12 Noon
Sun., Mar 24	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn, IL	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Mar 24	1 PM	2 hour ride 16-20 miles 8-10 mph	Villa Park Depot Villa Pk., IL	Kacy Worcester 630-941-8532	New Adventure Ride If conditions are not good for riding, then a hike will be considered. If raining, then the event is cancelled.
Tues., Mar 26	9:00 AM	15-20 miles 8-10 mph	Spring Rock Park Western Springs, IL	Mary Lou Rauh 630-323-5930	New Adventure Ride Ride from Western Springs to LaGrange, then to Hinsdale with a stop at Wild Oats. All roads.
Wed., Mar 27	9:30 AM	25 miles 12-14 mph	Gazebo Glen Ellyn, IL	Freda Diebold 847-891-6010	Ride To Busse Woods FP A road ride to Busse Woods FP with a lunch stop at the Alexian Brothers Medical Center cafeteria.
Wed., Mar 27	6:30 PM	Medium pace	Gazebo Glen Ellyn, IL	Show & Go	Wednesday Night Medium Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Wed., Mar 27	6:30 PM	TBD 16-18 mph	Gazebo Glen Ellyn, IL	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Ride An all road ride. Lights, front & rear are strongly recommended.
Sat., Mar 30	9:00 AM	Determined by Riders That Show	Depot Elmhurst, IL	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., Mar 31	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst, IL	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 12 Noon

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Mar 24	12 Noon	2 hour ride 16-20 miles 8-10 mph	Villa Park Depot Villa Park., IL	Kacy Worcester 630-941-8532	New Adventure Ride If conditions are not good for riding, then a hike will be considered. If raining, then the event is cancelled.
Sun., Mar 24	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn, IL	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Fri., Mar 29	7:00 PM	Monthly Collating Party	Judy Mikesell's House Villa Park, IL	Judy Mikesell 630-833-1036	Newsletter Collating Party Join fellow members in preparing next month's newsletter. Call Judy for directions.
Wed., Apr 3	9:00 AM	20-25 miles 11-13 mph	McCullom Park Downers Grove, IL	Carol Nield 630-964-2844	Woodridge Bike Routes The League of American Wheelmen has designated Woodridge as one of the three Chicago area Bicycle-Friendly Communities. We will do a scouting ride to check-out the bike routes in Woodridge.
Wed., Apr 3	6:30 PM	Medium pace	Gazebo Glen Ellyn, IL	Show & Go	Wednesday Night Medium Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Wed., Apr 3	6:30 PM	TBD 16-18 mph	Gazebo Glen Ellyn, IL	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Ride An all road ride. Lights, front and rear are strongly recommended.
Sat., Apr 6	9:00 AM	Determined by Riders That Show	Depot Elmhurst, IL	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. and just South of the IPP.
Sun., Apr 7	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst, IL	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 12 Noon
Sun., Apr., 7	10 AM 11:30 AM	35 miles 12-14 mph 15 miles 10-12 mph	Glen Ellyn Park District Spring Ave. Recreation Center.	Kathy Wagner 630-469-3863 (H) 630-353-5336 (W)	Virgin Voyage and Party Party starts at 1 PM until 4 PM at the Glen Ellyn Park District Recreation Center, 185 Spring Ave., Glen Ellyn, IL. on the corner of Spring Ave. and Rte. 53. See article for more information and/or contact Kathy Wagner to volunteer to bring food, refreshments, or help clean up.
Sun., Apr., 7	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn, IL	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.

Upper Peninsula Ski Trip

As usual **Ed Curtin** did a great job of setting up our 3rd Annual Upper Ski Trip.

He did almost miss his big 70th birthday (Friday 2/8) but we just had to hold a birthday party for him a day earlier. I guess he had a good time since someone did ask if it was O.K. to take **Ed** in the room.

The weather that was ordered turned out to be almost perfect. Sunday evening it snowed which gave us newly groomed tracks at ABR Monday morning. The only little glitch was Wed. that turned out to be 50 degrees and caused a few skiers to stick in the tracks.

Tuesday afternoon **MaryJo**, **Diane** and myself decided to finally take a lesson after all the cross-country we have been doing. **MaryJo** learned how not to fall, I learned how to fall and **Diane** just did all the right things the teacher taught us.

Cocktail hour is held in the motel lobby approximately an hour before dinner. It is the custom for everyone to bring their own drink and something to nibble on for everyone. The restaurants we ate dinner at were part of the package that Linda and Morgan offer us. They all offer a variety of choices, plenty of food, very good service and unbelievably reasonable prices. Usually left over dinner was used for lunch the following day unless.....you wanted pasties.

Evenings were spent various ways.....walks, going to your room to either sleep-watch T.V. or read, and the lobby domino game and/or scrabble games. It is rather funny that the domino score keeper usually wins hmmm. By the way there are two sets of rules, **Lou Fish's** and **Carol Nield's**.

Breakfast is also held in the lobby with fresh fruits, sweet rolls, muffins, bakery bread, juice, coffee and milk complimentary. Linda also baked us some fresh banana bread. There was some question as to whether or not I would remember all the things that happened during the week that was voiced by MR WARMTH (he happens to be a downhill skier we have met up there before), people are that friendly.

A perfect example of what this trip stands for was stated by **Freda** (out of control) **Diebold**....."If these people weren't so much fun I wouldn't drive 7 hours to do this."

There is a guest book in one of the warming houses in which **John K.** wrote the following little note: "May God treat you today as you treated others yesterday" — **Joann DeZur**

Elmhurst Bicycle Club
Traveling at the Speed of Fun—for 25 Years!

Directions to ride starting locations

Starting Point	Directions
Community Bank of Elmhurst Elmhurst, IL	330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.
Depot Elmhurst, IL	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.
Gazebo Glen Ellyn, IL	On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1 ¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
Busse Woods Elk Grove Village, IL	Take I-290 (Route 53, I-355) to Biesterfield Road East. Beisner Road is the 1 st light East of I-290. Turn North (left) on Beisner Road. Busse Woods entrance is approximately 2 blocks on the left. Ride starts in the first parking lot from the entrance.
Spring Rock Park Western Springs, IL	Spring Rock Park is located at 47 th Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
Villa Park Depot, Villa Park, IL	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
Volunteer Park Wheaton, IL	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
Puffer School Downers Grove, IL	Puffer School is on Belmont Avenue at Prairie Ave., about ½ mile south of Ogden Avenue.
Big Apple Bagels Elmhurst, IL	Big Apple Bagels is located at the corner of York Street and Schiller Ave. in downtown Elmhurst. Schiller is about ¼ mile south of North Ave. (Route 64) and York Street is about 1 mile west of Interstate 290. Note that York Street is one way going North through downtown.

MEMBERSHIP APPLICATION

Individual(\$15) Family(\$20) New Renewal

[Indicate with ** next to any information you **do not want** to appear in the club directory]

EBC's membership year runs from January 1 to December 31.

Joining after October 1 continues your membership through the following year.

Name _____
(If family membership, list names of all members)

Address _____
(Street) (City) (State) (Zip)

Phone—Home _____ Work _____ E-Mail _____
 — Check here if you **do not** want your email address to be added to the club list server.

The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate In club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and administrators, release, waive and forever discharge Elmhurst Bicycle Club, its officers and members from any and all claims, demands, actions or liabilities on account of any injury to me which may occur from any cause whatsoever, including negligence or other fault on the art of anyone released hereunder, during my participation In or transportation to or from said rides and/or events. I ACKNOWLEDGE I AM AWARE OF THE RISKS AND HAZARDS INHERENT UPON ENGAGING IN SAID CLUB ACTIVITIES, AND I DO SO ENTIRELY UPON MY OWN INITIATIVE, RISK AND RESPONSIBILITY. I FURTHER UNDERSTAND THE CLUB DEPENDS ON ITS MEMBERS TO PROVIDE AND LEAD CLUB ACTIVITIES AND THAT THOSE MEMBERS RELY ON THE PROTECTION AFFORDED HEREUNDER. I hereby further agree to operate my bicycle in a manner that is safe to me and those around me, to observe all applicable safety regulations and to conduct myself In a manner that will be complimentary to the sport of bicycling. It Is my intent that this release and waiver apply at all times, notwithstanding that my membership in the Elmhurst Bicycle Club may have expired, elapsed, been renewed or reinstated after a period of non-membership. I FURTHER ACKNOWLEDGE THAT I HAVE READ THE FOREGOING RELEASE AND WAIVER AND UNDERSTAND IT, INCLUDING THAT IT IS INTENDED TO COVER OCCURRENCES WHICH MAY NOT YET HAVE OCCURRED AND WHICH ARE UNKNOWN TO ME, AND NOTWITHSTANDING THE FOREGOING, I SIGN IT VOLUNTARILY WITH THE FULL INTENT THAT IT BE FOREVER ENFORCEABLE.

Date _____ Signature _____

Signatures of adult family members for family Membership _____

Mail to: **Elmhurst Bicycle Club**
P.O. Box 902
Elmhurst, IL 60126

AFFILIATED WITH THE CHICAGO AND BICYCLE FEDERATION,
 THE LEAGUE OF AMERICAN BICYCLISTS,
 THE LEAGUE OF ILLINOIS BICYCLISTS,
 LIFE MEMBER ILLINOIS PRAIRIE PATH,
 MEMBER CONSERVATION FOUNDATION,
 RAILS TO TRAILS CONSERVANCY,
 ADVENTURE CYCLING,
 AND PROUD SPONSOR OF THE
 CHUCK PAVEL HELMETS FOR KIDS PROGRAM



www.elmhurstbicycling.org

Elmhurst Bicycle Club
 P.O. Box 902
 Elmhurst, Illinois 60126



The Slang Gang

by BikeDude53

Lesson #4

Hoops or doughnuts- wheels

Taco- to bend a *hoop* over itself so that the wheel resembles a taco. Much more impressive than a "potato chip" (see Lesson #3). To survive an impact where you taco a wheel is noteworthy and deserving mention in the next

"Cue Sheet"

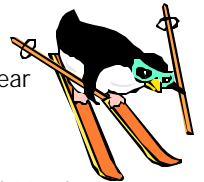
Cheese grater- when you leave lots of skin on the road following a *biff* (crash). Often accompanied by *tacoing* a wheel.

WSD- "Women's Specific Design", a Trek marketing term for their line of bikes with components and frame geometry designed to better fit a woman's bod (shorter torso, longer legs, smaller hands, larger... uh, seats... than most men). Terry, Cannondale, Specialized, Gary Fisher, Santa Cruz, IF and others also make bikes engineered for women

Spin- high pedaling cadence. Should be done smoothly (vs. jerking by only applying power on the downstroke) for maximum efficiency and style. "That Isaac is a real *spinner!*"

Dropouts- the U shaped slots that accept the wheel axle.

A huge **THANK YOU** to Ed Curtin, who did an outstanding job of organizing the UP ski trip for EBC. Again this year everything was great and went very smoothly.



The accommodations at the Indianhead Motel were clean and comfortable and we had a great location. Our hosts, Morgan and Linda went out of their way to make us feel welcome and allowed (even joined) us for our nightly social/cocktail parties. With twenty three people in attendance we really filled that lobby space.

The snow conditions were perfect, the trails all very well groomed, and each trail that we ventured to was better than the last. The trails all had nice little warming huts for breaks or to spend an afternoon if one was tired out that contained fireplaces, pot bellies stoves, good soups, cookies, and the UP "famous" pasties. The skiing and snow shoeing was awesome!!

Everyone came home pleasantly exhausted from five days of fantastic pleasure!!

Thank you from all of us...

Mary Jo, Joanne, Freda, Richard, John, Gerry, Jerry, Lou, Sharon, John, Diane, Bob, Carol, Jerry, Al, Mary Ann, Ted, Kacy, Mary Lou, Mark, Jerry, and Betty.