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cziemer2@earthlink.net

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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!**

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and

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Cue Sheet

April 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!

New Adventure Riders

This popular riding group is entering its 4th year, and we are looking forward to another great year.

For those of you who are new members and are relatively inexperienced or feel slightly chronologically challenged—this is a great way to start out. The pace is a comfortable 8–10 MPH and the distance is 10-20 miles (maximum). These rides usually have a coffee and snack stop about mid-way. The leaders often have an interesting theme such as historic places or community features of special interest. There are many different routes.

This is also a way to become a new ride leader as the atmosphere is relaxed and social. This will put you on the road to qualifying for a ride leader jersey!

Normally these rides are held on Tuesdays, but last year we had several rides scheduled on weekends. To include those who work during the week, we hope to continue these for the 2002 season.

We now need to fill our April schedule (and beyond). Now is the time to share your favorite routes with great companions and make our new members feel welcome. This group definitely "travels at the speed of fun." If you have any questions about these rides, please give a call.—**Ted Sward 708-354-5782**

Safety and Such

When the new riding season rolls around many experience the feeling that their riding skills and comfort on the roads have deteriorated slightly. This is the time to pay particular attention to your riding habits both physical and mental.

Again you will be riding in groups. Group riding is different!! Here are some tips to help you make the transition safely:

- Ride single file.
 - Leave space between you and the rider in front.
 - Be predictable—don't make abrupt changes in speed or direction.
 - Pass on hand and arm signals—for turns, stopping, and hazards,
 - Pass on verbal signals—stopping, slowing, hazards.
- When announcing conflicting traffic—indicate the direction and where the conflict is expected, i.e. "Up—Right (or Left)", "Back—Right (or Left)", "Car—Right (or Left)", etc. It is more important to indicate where the conflict is than what it is.
- Be paranoid—Don't do anything that makes you uncomfortable. You are responsible for your own safety. While there may be safety in numbers, the exception could be you. If you cause a slight delay, don't worry—your ride leader will make the needed adjustments.

(More to come next month)—**Ted Sward**

Elmhurst Bicycle Club

Traveling at the Speed of Fun—for 25 Years!

New Spokes on the Wheel
Complied by Database Manager
Mary Moroney

JOANNE DYBALA
DOWNERS GROVE
quincy007@ameritech.net

STEVEN GADE
GLENDALE HEIGHTS
sgade@ghk.net

IHOR, CATHY, MARIA,
and CAROLINE HLOHOWSKYJ
DOWNERS GROVE
ihorcathy@juno.com
ihor@anl.gov

ROBERT JAROSZ
BROOKFIELD
philkerney@aol.com

TOM STOEVER
LOMBARD
tsto154335@aol.com

We're growing every month!

Type	Memberships	Members
Family	65	160
Individual	141	141
Total	206	301

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

April Club Meeting

Thursday, April 11th, 7:15 P.M. at the
Community Bank of Elmhurst

- Program -
Richard Diebold - Slides of Their Florida Bike Trip

Upcoming Programs

May - Rich & Laura Kuhlman - West Coast Bike Trip—California
June - Mike Struglinski - Pointers On Bike Touring

Collating Party

Friday, April 26th at 7:00 P.M.
Back to the 4th Friday—Finally!
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 May Ride Schedule is April 13th, the second Saturday of April. 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 reformatted 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 May Cue Sheet is Monday, April 15th.
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

Safety Town Annual Family Bike-A-Thon

The Elmhurst Park District has invited the Elmhurst Bicycle Club to help them at their Safety Town's Annual Family Bike-A-Thon on Saturday, May 18, 2002, in cooperation with the York/Vallette Merchants and the Elmhurst Chamber of Commerce. The hours of the event are 10:00-12:00 noon.

They would like a few of our members at the event to give out safety information and do bike checks and talk about routine bike maintenance for parents and children. This is a great opportunity for bike riding members like us to answer questions and reinforce the safety issues in the community as well as trails and riding area information for families. Also, to pass on information about the Elmhurst Bicycle Club.

To volunteer please contact **Ed Curtin** at curtine1@attbi.com or by phone at **847-981-1677**.

Submitted by **Ed Curtin**

Bike Clinic a Success

On Tuesday, March 5, Hartley's Bike Shop of Hinsdale hosted a complimentary bike maintenance clinic for the women of our club. Eight of us, ready to get down and dirty, showed up for the class. We were greeted at the door by Ken Hartley and Jed Kaufman. Once the clinic got underway, we were forced to partake of food (chips, dips, shrimp, etc) and drinks (wine, beer, soda) before the real lessons began. We split up into two groups - one group tackled removing/replacing front and rear wheels, while the other figured out what to do with the wheel once it was removed - checking for punctures and replacing the tube. Our instructors first walked through each exercise, patiently answering our questions, and then waited for each us to perform the same task, offering hints and help when we got stuck. The clinic presented a great opportunity to practice changing a tire in a safe environment as opposed to out on the road somewhere. And, best of all, we didn't even have to get our hands dirty - everything we worked on was new and squeaky clean. —**Jeanne Whiting**

Start your 2002-riding season at EBC's annual kick-off:

Virgin Voyage 2002

Sunday, April 7th Glen Ellyn Park District Spring Avenue Recreation Center 185 Spring Avenue, Glen Ellyn, corner of Rt. 53 and Spring Ave.

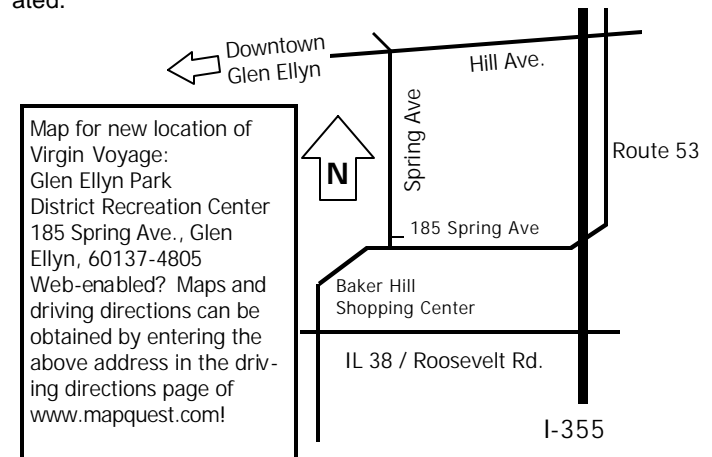
Come on out for a great time riding with club members and a Fantastic party after! There will be two rides offered:

35 miles Starting at 10:00 a.m. 12 - 14 mph pace
and

15 miles Starting at 11:30 a.m. 10 - 12 mph pace

The party starts at 1:00 p.m. until 4:00 p.m. with food, beverages and lots of good old-fashioned EBC camaraderie. There is plenty of parking and our own private club room with a full kitchen and private entrance.

Email Kathy Wagner at kathewgnr@aol.com or call (630) 469-3863, with questions or if you would like to volunteer food or beverages. Set-up and clean-up help would also be much appreciated.



Wizard Ride (Metro Metric 22) Sunday, July 28, 2002 Beecher Center, Yorkville IL

Routes from 23 to 100 miles
Fully stocked rest stops and SAG Support
Corn boil at the finish
\$15 pre-registration, \$20 on ride day
Online registration available through the club website at:
www.elmhurstbicycling.org

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)

Go Clipless with a brand-new set of Wellgo WPD 998 pedals! Designed for Sport / Recreational use, these pedals accept SPD-like cleats on one side, and have a regular pedal platform on the other side. Cleats are included. Ridden only about 1/2-mile on test rides. \$25.00 Contact **Larry Gitchell 708-409-0105** or email LarsofMars@aol.com (04/02)

April 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 29	7:00 PM	Monthly Collating Party	Judy Mikesell's House Villa Park	Judy Mikesell 630-833-1036	Monthly Collating Party—Join fellow members in preparing next month's newsletter. Call Judy for directions.
Sat., Mar 30	9:00 AM	Determined by Riders That Show	Depot Elmhurst	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	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 31	12 Noon	2 hour ride 16-20 miles 8-10 mph	Villa Park Depot Villa Park	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 31	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Tues., Apr 2	9:00 AM	14 miles 8-10 mph	Spring Rock Park Western Springs	Ted Sward 708-354-5782	New Adventure Ride Ride to Great American Bagel. An all road ride.
Wed., Apr 3	9:00 AM	20-25 miles 11-13 mph	McCullom Park Downers Grove	Carol Nield 630-964-2844	Woodridge Bike Routes LAW 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	TBD 10-12 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., Apr 3	6:30 PM	TBD 16-18 mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Ride An all road ride. Lights, front & rear, are recommended.
Sat., Apr 6	8:00 AM	2-3 hour hike	Wild Oats Market Hinsdale	Mary Moroney 630-629-1812	Hike Indiana Dunes State Park Meet at the shopping center on Ogden Ave.(Rt. 34) just W. of I-294 Southbound entrance. It's a 90 min. drive, so we'll carpool. Bring snacks, sandwiches, water. We may stop after the hike for lunch as group decides.
Sat., Apr 6	9:00 AM	Determined by Riders That Show	Depot Elmhurst	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., Apr 7	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst	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. Rec. Ctr.	Kathy Wagner 630-469-3863 (H) 630-353-5336 (W)	Virgin Voyage and Party Party between 1 & 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 cleanup.
Sun., Apr., 7	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., Apr 8	7:00 PM	Board Meeting	Bob Sack's House Oak Brook	Bob Sack 630-323-5711	Monthly Board Meeting
Tues., Apr 9	9:30 AM	15-20 miles 8-10 mph	Spring Rock Park Western Springs	Mary Jo Bolan 630-887-9652	New Adventure Ride Ride around Hinsdale, Burr Ridge and surrounding towns. Stop for a donut.
Wed., Apr 10	9:30 AM	Approx. 30 miles 12-14 mph	Madison Meadow Park Lombard	Betty Bond 630-932-0271	Ride To Panera Bread in Wheaton. The ride will be on residential streets.
Wed., Apr 10	6:30 PM	TBD 10-12 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Apr 10	6:30 PM	TBD 16-18 mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Ride An all road ride. Lights, front & rear, are recommended
Thu., Apr 11	7:15 PM	Monthly Club Meeting	Community Bank of Elmhurst	Ed Curtin 847-981-1677	Monthly club meeting at the Community Bank of Elmhurst Community Bank located at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Sat., Apr 13	9:00 AM	Determined by Riders That Show	Depot Elmhurst	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., Apr 13	9:30 AM	Approx. 30 miles 12-14 mph	Depot Elmhurst	Betty Bond 630-932-0271 Vicki Pate 630-655-4698	Ride to Toyland Lekotek Rehabilitation Center. We will be riding city streets to see the children at the center ride the EBC donated bike. RSVP for inexpensive sandwiches or you can bring your own.
Sun., Apr 14	8:30 AM	36 miles 12-13 mph	Depot Elmhurst	Rich Diebold 847-891-6010	Breakfast at the Diebold's
Sun., Apr 14	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst	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 14	12 Noon	Ride Leader, Dis- tance, & Pace TBD	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Tues., Apr 16	9:30 AM	15-20 miles 8-10 mph	McCullom Park Downers Grove	Carol Nield 630-964-2488	New Adventure Ride Ride To Brookerridge Areo Community We will ride to Areo Community to see small airport. McCullom Park is at 67 th and Main Sts., Downers Grove, IL. Bring snacks.
Wed., Apr 17	9:00 AM	30 miles 12-14 mph	Tampier Lake Boat Rental parking lot	Leo Engstrom 708-598-6930	Ride to Pilcher Park Take Rt. 83 S. At 107 th St. Rt. 171 joins Rt. 83. Stay on Rt 171 to Bell Rd. (stop light). Turn left (S.) on Bell Rd. to 131 st St. Go left (E.) on 131 st to boat rental starting point (2 miles).
Wed., Apr 17	6:30 PM	TBD 10-12 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., Apr 17	6:30 PM	TBD 16-18 mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Ride An all road ride. Lights, front & rear, are recommended.
Sat., Apr 20	8:00 AM	25-30 miles 10-13 mph	Depot Elmhurst	Mary Moroney 630-629-1812	Moondance Restaurant Ride Ride to the Moondance Restaurant in Westmont (about 8 miles) then work off the calories.
Sat., Apr 20	9:00 AM	Determined by Riders That Show	Depot Elmhurst	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., Apr 21	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst	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 21	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Apr 21	12 Noon	25-30 miles 10-12 mph	Villa Park Depot Museum Villa Ave. & IPP Villa Park	Jeanne Whiting 630-671-9744	Lynfred Winery Tour We will take a leisurely ride out to the Lynfred Winery in Roselle. The route will be all roads – some may be busy. We should arrive at the Winery shortly before the 2:00 PM complimentary tour starts. The tour lasts around 45 minutes. If there's any interest, we may swing by the Lilacia Park in Lombard on the way back to see if the lilacs are blooming yet. Bring locks if you have them.
Mon., Apr 22	9:00 AM	30-35 miles 12-14 mph	Depot Elmhurst	Betty Bond 630-932-0271	Double Dippin' at Ben & Jerry's Bring a lunch or you may eat at a deli close to our stop. We will be having a "treat" in Schaumburg and Elmhurst.
Tues., Apr 23	9:30 AM	15-20 miles 8-10 mph	Waterfall Glen- Northgate Parking Lot	Mary Lou Rauh 630-323-5930	New Adventure Ride. Both trails and roads.
Wed., Apr 24	9:00 AM	32 miles 10-12 mph	Caldwell Woods FP parking lot at the corner of Milwaukee Ave. (Rt. 21) and Devon Ave.	Gerry Fekete 708-352-0913	Spring Ride To Botanic Gardens A bike path ride to the Botanic Gardens in the spring. Spend an hour at the gardens before returning.
Wed., Apr 24	6:30 PM	TBD 10-12 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., Apr 24	6:30 PM	TBD 16-18 mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Ride An all road ride. Lights, front & rear, are recommended.
Sat., Apr 27	9:00 AM 11:00 AM	1 to 1.5 hour cleanup 30-35 mile 11-13 mph & 14-16 mph	Northeast Corner of St.Charles Rd. and Gary Ave. Kline Creek Farm parking lot off of County Farm Rd.	Ed Curtin 847-981-1677 Jim Gross 630-530-0554	Annual Earth Day Trail Cleanup The Elmhurst Bicycle Club will be responsible for cleaning a one mile portion of the Great Western Trail between Schmale Road & Gary Avenue. After the cleanup, a bike ride on the Geneva to Elgin to Geneva triangle. Bring snacks or money for snacks.
Sat., Apr 27	9:00 AM	Determined by Riders That Show	Depot Elmhurst	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Apr 28	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst	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 28	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace
Tues., Apr 30	9 AM	15-20 miles 8-10 mph	Depot Elmhurst	Chuck Ziemer 630-323-8083	New Adventure Ride Circle Elmhurst Tour. Ride Elmhurst streets around the perimeter of Elmhurst. Bring snacks
Wed., May 1	9:00 AM	25-30 miles 10-12 mph	Spring Rock Park Western Springs	Mary Jo Bolan 630-887-9652	Ride to Krispy Krème for a donut
Wed., May 1	6:30 PM	TBD 10-12 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., May 1	6:30 PM	TBD 16-18 mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Ride An all road ride. Lights, front & rear, are recommended.
Sat., May 4	9:00 AM	Ride Leader, Distance, and Pace TBD	Depot Elmhurst	Show & Go	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., May 5	9:30 AM	35-40 miles 14-16 mph	Big Apple Bagels Elmhurst	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., May 5	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.

EBC 2002 Event Calendar

Month	Date	Event	Leader
January	1	New Year's Day Ride	Mike Tenzinger
	10	Club Meeting	Bob Sack
February	3	3rd Annual Michigan UP Ski Trip	Ed Curtin
	14	Club Meeting	Ed Curtin
	24	Chili Ride	Marge Ricke
March	14	Club Meeting Program: Slides of Washington – Oregon Bike Tour	Ed Curtin Rich Kuhlman
	22,23,24	Subaru Chicago Bike Show (Formerly CABDA)	Larry Gitchell
April	7	Virgin Voyage	Kathy Wagner
	11	Club Meeting Program: Slides of Florida to Chicago Bike Tour	Bob Sack Rich Diebold
	27	Earth Day Cleanup on the IPP/GWT	Ed Curtin
May	9	Club Meeting Program: Slides of California Bike Tour	Bob Sack Rich Kuhlman
	19	Lombard Lilac Parade Ride	Betty Bond
	27	Memorial Day Parade Ride	Kathy Wagner
June	2	National Trails Day Danada Equestrian Center	Mike Incopero
	13	Club Meeting Program: Self-Contained Bike Touring	Bob Sack Mike Struglinski
	11	Club Meeting	Bob Sack
	20	Metro Metric Pre-Rides	Ed Curtin
	28	Metro Metric Club Invitational	Petra Hofmann Jeanne Whiting
August	8	Club Meeting	Bob Sack
	16	SWEBCO 16 th -17 th	Mary Moroney
	25	EBC 25 th Anniversary Celebration	Betty Bond
September	12	Club Meeting	Bob Sack
October	10	Club Meeting Program: DuPage County Trail System Update	Bob Sack Deborah Fagan
	27	Halloween Ride	Marge Ricke
November	14	Club Meeting	Bob Sack
	28	Thanksgiving Day Ride	Larry Gitchell
December	12	Club Meeting/Holiday Party	Bob Sack

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,
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 AND PROUD SPONSOR OF THE
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www.elmhurstbicycling.org

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

The Slang Gang

by BikeDude53

Lesson #5



- *Captain Crash*- someone who, when in a cycling accident, goes down with the ship. Rider doesn't *bail*, or jump off the bike before taking a *soil sample* (see Lesson 1). It is proper, on formal occasions within the EBC, to refer to Walter as "The Captain"
- *Hardtail*- a bike with a front suspension system (e.g., fork) but no rear suspension; usually used when discussing mountain bikes
- *Down tube*- the part of a conventional, triangular bike frame that runs from the head tube (out of which emerges your stem and handlebars) to the bottom bracket (where the crank set is seated)
- *Campagnolo*- (or "Campy") is the famed Italian maker of bike components. Known for their durability, serviceability, and, at the high end of the product line, jewel-like finish and price
- *Low Rider*- a recumbent bicycle, usually without the hydraulics and furry seat covers found on cars of the same denomination
- *Crank, Crunch or Mash*- low pedaling cadence. Opposite of spin (see Lesson 4). "That newbie is really *mashing* a big gear... he'll be blown before we're even close to the donut shop!"
- *Paceline*- a single line of riders, each of which takes their turn (unless "sitting in"... see Lesson 2) battling the wind