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630 323-5711  
[judy8831@aol.com](mailto:judy8831@aol.com)

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**Ed Curtin**  
847-981-1677  
[curtine1@attbi.com](mailto:curtine1@attbi.com)

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[Ganskesh@hotmail.com](mailto:Ganskesh@hotmail.com)

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[cziemer2@earthlink.net](mailto:cziemer2@earthlink.net)

Membership  
**Ellen Johnson**  
630-595-4910  
[Eljohnson@household.com](mailto: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](mailto:petralyn@chicagonet.net)  
and  
**Jeanne Whiting**  
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**Ted Sward**  
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**Betty Bond**  
630-932-0271  
[Betzbond@aol.com](mailto:Betzbond@aol.com)



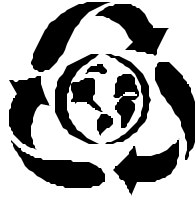
# Cue Sheet

June 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!

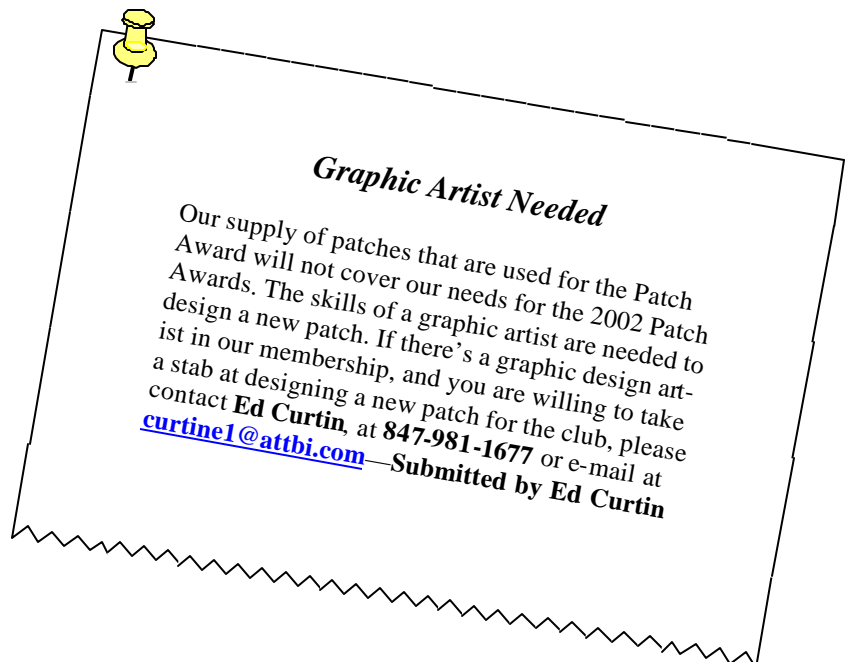
## Earth Day Cleanup 2002



What a great club we have! Twenty-seven members showed up Saturday morning with gloves, trash bags, ski poles, walking sticks and other tools to help cleanup a portion of the Great Western Trail. Not even the threat of rain could keep these great volunteers from their task. After a few announcements, we were off to clean a one mile stretch of the Great Western Trail between Gary Ave. and Schmale Road. Rich and Freda Diebold took a group in their van to the Eastern end at Schmale Road, while the rest of the group started at Gary Ave. Two and a-half hours later, the two groups met in the middle. We managed to pick up so much trash, that Ed Curtin had to use his vehicle to haul it back to the Gary Ave. end or Schmale Road end. We even had a bike rider, Pedro Ramirez, stop and ask if he could help. Pedro stayed for two hours. The rains came just as we were completing the cleanup, so the bike rides that were scheduled afterwards were cancelled.

On behalf of The EBC, ***THANK YOU*** to all the wonderful volunteers, Rich & Freda Diebold, Sharon Ganske, Betty Bond, Jerry Ringier, Ted Sward, Judy & Charlie Mikesell, John Jacus, Noel Johnson, Larry Gitchell, Bob Sack, Ellen Johnson, John Kaczmarczyk, John Park, Cathy Tighe, Carol O'Meara, Jim Hennig, Mary Moroney, Judy Figura, Marty Kotecki, Isaac Samayoa, Neil Parsons, Al Stanke, Jim Gross. And especially to one gentleman whose name I don't have who really worked hard. He's a member, and when I was making some announcements, he asked about a patch award for doing a century. I'm hoping he sees this article and gives me a call. If you were a volunteer and your name is not on my list, please call me. I want to thank you.

Submitted by Ed Curtin



**New Spokes on the Wheel**  
Complied by Database Manager  
**Mary Moroney**

**JOHN, MARA & LAURA ALCOCK**  
WESTMONT  
ikethree@hotmail.com

**BARBARA BARTT**  
LOMBARD  
barbarabartt@excite.com

**MARIA MATOS-BURNS & MARTIN BURNS**  
ELMHURST  
mariamatos2@attbi.com

**SUE BUTLER**  
LAGRANGE PARK  
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**LAURA CARAVELLO**  
ELMHURST  
tch42000@yahoo.com

**LAWRENCE HENRY**  
CLARENDON HILLS  
airlarr007@aol.com

**NOEL C. JOHNSON**  
BURR RIDGE

**ROSEMARIE KLINE**  
LOMBARD

### We're growing every month!

Type	Memberships	Members
Family	71	173
Individual	157	157
Total	228	330

### 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](mailto: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](mailto:curtine1@attbi.com)  
EBC Website  
[www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)

### May Club Meeting

Thursday, June 13th, 7:15 P.M. at the  
Community Bank of Elmhurst  
- Program -  
**Mike Struglinski on Bike Touring**

### Upcoming Programs

July — **Bena Gerber on her "Circle America 2000 Bike Tour"**.  
There will be no club meeting in August.  
September — Open  
October — **Deborah Fagan " Bike Trails in DuPage County"**.  
November — Open  
December — **Holiday Party**.

### Collating Party

Friday, June 28th at 7:00 P.M.  
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 July Ride Schedule is June 15th, the second Saturday of June. Call Ride Captain **Ed Curtin**, **847-981-1677**, email **Ed** at [curtine1@attbi.com](mailto: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](http://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. Proof-reading 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 July Cue Sheet is Monday, June 17th.

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](mailto:LarsofMars@aol.com)

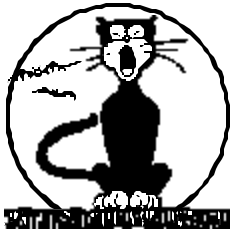
## DOOR COUNTY BICYCLE RIDE

Come join us as we ride through Door County. We have planned a three (3) day trip through various routes of Door County starting on arrival June 16th with a short ride, and with several choices of distance for the next two to three days.

We have chosen to stay at the Pine Grove Motel in Ephraim, Wisconsin. They are capable of handling our size group and are within the standard price range. **Hank** is planning the routes and is staying there so it will be our starting point. You will have to make your own reservations by calling 1-800-292-9494 since they have several types of rooms and will need a credit card number to hold the room. By the way, please tell them you are from the Elmhurst Bicycle Club when you place your reservation. If you have somewhere else you would like to stay that is fine, just plan on being at the Pine Grove to start and for cocktails.

I will be willing to take information such as names and phone numbers of single riders that are looking for a possible roommate. Please let me know after you have made your reservations so that I will have an idea as to how many riders we will have. **Hank** is bringing at least six (6) couples with him from Florida.

If you have never been on one of our short week rides, everyone brings something for the group to snack on at our before dinner cocktail parties. You should also bring whatever you want to drink at the party. If you have any questions or need any further information please call: **Joanne DeZur** at **630-833-7688**



### Felines & Fire Engines 3 7:00 AM July 4, 2002

Celebrate Independence Day by joining up with the third edition of the wildest ride around! We'll set off from the Depot in Elmhurst bound for 'Wild & Woolly Woodstock. Think you've seen every route? No Way! Your Ride Leader has come up with yet another variation! Total mileage expected to be between 110—120 miles. SAG Support will be provided.—**Larry Gitchell**, **708-409-0105** or email **LarsofMars@aol.com**



### 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**

### The Wizard Needs Cookies!



Chocolate Chip, Sugar, Oatmeal, or those rainbow ones with the M&M's baked in—whatever is your favorite kind, help support the Wizard Ride by baking cookies—Please contact Cookie Chairperson **Kacy Worcester** at **630-941-8532** and volunteer to bake 6 to 8 dozen cookies. Our T-shirt tradition continues, so don't forget to tell **Kacy** your shirt size!

### **RIDE THE ERIE CANAL Sept. 21-28:**

We are in the planning stages. This will be a drive and ride event like the C & O Canal and Natchez Trace were. Please contact **Lou Fish**, **630-668-3446**, or **Janet Koludrovic**, **630-964-5126**, if you are interested ASAP. This will be an historical adventure full of fun at your own pace. We will have a meeting in June or early July to firm up details.

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

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.

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)

**Wanted:** Does anyone have a Tag-A-Long with gears that they would be willing to lend or rent from August 1 to August 12? It's for friends of mine who want to take their young son on SAGBRAV. Contact **Carol Nield 630-964-2488** or **2bike@prodigy.net** (05/02)

Spinergy X-tra Lite wheels, like new, 700C with Continental GP 3000 tires and tubes. \$350 (\$800 if bought new) **Laura** or **Rich 630-462-5427** or **rkuhlman99@attbi.com** (5/02)

Thule 2" hitch bike carrier, carries 4 bikes (two bike base unit plus detachable two bike add-on unit), holds bikes by cranks and front wheel. Thule #921 base, #925 dock and #926 add-on. \$200 (\$475 new) **Laura** or **Rich 630-462-5427** or **rkuhlman99@attbi.com** (5/02)

**Seeking Cyclist:** I would like to make contact with anyone you know who is going on the Michigan Bow Tie Tour, August 3- 10. It's a long drive up and I would like to be able to share the drive up since the tour starts in Mackinaw City. Please contact **Jerry Radek** at **jrbiker@aol.com** or by phone **847-673-8159**.

# June 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
Sun., May 26	7:30 AM	40 miles 12-14 mph	Lake Joy Campground Belmont, WI	Rich Diebold 847-891-6010	Ride 10 miles to Plattville for breakfast, then on to Dickeyville, WI to see the famous Dickeyville Grotto. Return to the campground in the afternoon possibly stopping in Plattville for dinner.
Sun., May 26	9:30 AM	32-40 miles 16-18 mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride should be finished by 12 Noon
Sun., May 26	10:00 AM	30 miles 12-14 mph	Spring Green, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	"Die Fleitermaus" (the Bat) Ride. We'll take a ride out to the tiny town of Gotham. A few substantial hills in the early going, mostly flat for the last half. Mat include a gravel segment.
Sun., May 26	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., May 27	7:30 AM	60 miles 12-14 mph	Lake Joy Campground Belmont, WI	Rich Diebold 847-891-6010	Ride 20 miles to Darlington for breakfast, and the back to Lena.
Mon., May 27	9:30 AM	Parade	Downtown Elmhurst	Mary Moroney 630-629-1812	Elmhurst Memorial Day Parade Details of the parade were not available at press time. All the details will be on the Hotline & List-server prior to the parade.
Mon., May 27	10:00 AM	30 miles 12-14 mph	Olin-Turville Park Madison, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Madison Trail Explorer We will ride the new Southwest Commuter trail and the Capital City Trail extension to the Military Ridge Trail, then head into town in search of "Bratfest". Start location is Olin-Turville Par off John Nolen Drive.
Tues., May 28	9:30 AM	15-20 miles 8-10 mph	Spring Rock Park Western Springs	Mary Lou Rauh 630-323-5930	New Adventure Ride Ride from Western Springs to Willowbrook and return. Mostly roads.
Wed., May 29	9:00 AM	30 miles 12-14 mph	Channahon Parkway State Park	Leo Engstrom 708-598-6930	Ride To Morris The ride will be on roads going out, and the I&M path coming back. Bring snacks. Directions: Take I-55 S. to the Route 6 exit which is the first exit S. of I-80. Turn right onto Rt.6 and go to Canal St. (if you cross the river, you went too far). Turn left onto Canal St. The entrance to the State Park is about two - three blocks on the right hand side.
Wed., May 29	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., May 29	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.
Fri. May 31	1:00 PM	Approx. 35 miles 16-18 mph	Rich Kuhlman's house	Rich Kuhlman 630-462-5427	Tire Biter Ale Friday Afternoon Fast Ride Tire Biter Ale will be served at the end of the ride. Those coming just for the beer must bring their own! If the weather is iffy, call first.
Sat., June 1	9:00 AM	Ride Leader, Distance, and Pace TBD	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., June 1	9:30 AM	9 mile loop 8-10 mph	1 mile West of Barrington Rd. on Bode Rd.	Freda Diebold 847-891-6010	New Adventure Ride A 9 mile loop in the Poplar Creek Forest Preserve geared for new riders, but faster riders are invited also to go at their own pace. Meet in the parking lot next to the Lake off of Bode Rd. 1 mile West of Barrington Rd.
Sun., June 2	8:30 AM	32-40 miles 16-18 mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride should be finished by 11AM.
Sun., June 2	9:00 AM	42 miles 12-14 mph	Westmore Ave. & IPP Lombard	Mike Struglinski 708-246-2089	Ride to St. Charles for lunch.
Sun., June 2	7:45 AM 8:00 AM 9:00 AM 10:00 AM 10:30 AM	50 mile "Fast" 16-18 mph 2 - 25 mile loops 12-14 mph 25 mile "Leisurely" Ride 10 mile "Family" Ride 8 mile Equestrian Ride	Danada Forest Pre-serve (East Side) On Naperville Rd. 1/5 miles S. of Butterfield Rd. & 1/2 mile N. of I-88	Rich Kuhlman Larry Gitchell Ted Sward Mary Moroney	Come join the fun! NATIONAL TRAILS DAY Bike Rides - Equestrian - Rides - Nature Walks All activities will be lead by experienced ride leaders and start promptly at the designated time. Please arrive early. The 50 mile "Fast" ride is for experienced riders. The 50 mile "Moderate" ride consists of two 25 mile loops. Do one or both loops. The 25 mile "Leisurely" ride is a "Smell The Roses" ride. The 10 mile "Family" ride is for families and a great ride for kids.

## Discover a New Challenge for Your Cycling

Designed for people age 50 and over, the AARP Tri-Umph Classic 50+ Swim-Bike-Run is a sprint distance triathlon set for Sunday Aug. 4 at Centennial Beach in Naperville. The swim leg of the race is 400 meters, the bike leg is 12.4 miles and the run/walk is 3.1 miles. You can participate by doing just one leg as part of a relay team, or the entire event. The race entry fee (\$30 for individual, \$15 per member of a relay team) includes a training guide and group coaching by a USA Triathlon-certified coach.

If you'd like to ride the bike portion of this event as part of a relay team, or challenge yourself by doing the entire race, attend the June meeting and meet one of the coaches for the training program. You will see a short video about last year's race, and hear two of last year's participants talk about the fun and sense of accomplishment they achieved while training for and completing this unique event.

To register, or obtain more information, phone 1-866-812-AARP or visit [www.aarp.org/triumph](http://www.aarp.org/triumph)—**Betty Bond**

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### SELF CONTAINED RIDE IN THE UP

We are planning a self contained ride in the UP from August 15th to August 24th. We are in the process of working out the details.

The ride will start near Ironwood Michigan, ride through Porcupine Mountain State Park, along the shore of Lake Superior, and up the Keweenaw Peninsula. Average daily mileage will be 40-60 miles and there will be some hills. This is a camping ride but we will eat in restaurants. NO SAGS ALLOWED.

So far Gerry Fekete, Carol Nield, Ted Sward, Al Stanke, Dick and Freda Diebold, and Betty Bond and Jerry Ringer are planning on going. Contact any of the above for more information or to express your interest in going.—**Carol Nield**

## SWEBCO

August 16, 17 and 18th

"Southern Wisconsin Elmhurst Bike Club Overnight" has been a tradition for many years. Always a favorite because of wonderful routes originally organized by **Susan Kilgore**. All rides are at your own pace along quiet country roads with gently rolling hills.

Friday, Aug 16th: 12 Noon - Start from the Super 8 (info below) with a lunch stop at Cold Springs Tavern. Two mileage options are available: 19 miles or 36 miles. A stop at the "Flowing Well" is featured on the longer ride but is an easy drive for some of the best water around. Some people (me) bring gallon jugs to carry some home.

Saturday, Aug 17th: 8 AM from Super 8 with various mileage options available - 15 miles, 30 miles, 45 miles or 60 miles. Lunch (and antiquing) in Cambridge, WI. Cue sheets will be left on the back of my car for late starters. The group usually gathers at a local restaurant for a group dinner.

Sunday, Aug 18th: 9 AM General Store in nearby LaGrange, WI. 24, 31, 42 mile options available. A stop at "Old World Wisconsin" for food and/or restrooms is planned.

Hotels:

Super 8 Motel  
917 East Milwaukee Street, Whitewater, WI 53190  
(262) 473-8818

Amerihost Inn Whitewater  
1355 West Main Street, Whitewater, WI 53190  
(262) 472-9400

Whitewater is about 2 hrs drive from Elmhurst so some people come for just the day.

Need more information or directions, call **Mary Moroney** at **(630) 629-1812** or email [cycling33@attbi.com](mailto:cycling33@attbi.com).

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## Lake Geneva Tour



Twelve years ago **Richard Diebold** introduced bicycle touring to the Elmhurst Bicycle Club. His goal was to give EBCers who wanted to try touring a safe environment to experience bicycling long distances "self contained."

Self contained means you hook little bags, Panniers, on your bicycle and go. Your panniers contain your clothes, tent, sleeping bag, what ever you need for a cross country adventure on your bicycle.

The tradition continues with the fifth annual three day tour to Lake Geneva September 13-15. What wonderful memories we have of those trips. Always a memorable experience, we ride up Friday, pitch our tents at BigFoot Beach State Park, do the tourist thing in Lake Geneva Saturday, then ride back home Sunday.

You have many options....

Unsupported: Carrying your tent, sleeping bag and clothes in panniers, bicycle there on the Fox River Trail from Elgin. 48 miles [camping at BigFoot Beach State Park]

Supported: Bicycle from Elgin but have someone else drive your gear up if you are going to camp - OR - stay in a motel. [Make your own arrangements]

Drive up and join the group in Lake Geneva for a day of boating on the lake, shopping, etc.

For those who cannot take Friday off...some may choose to bicycle up on Saturday and back to Elgin on Sunday.

In the past participants have bicycled from their homes to meet with those starting in Elgin. From Elgin 40 miles are on the Fox River Trail with the last 8 miles on a sparsely traveled Wisconsin road. "I've always wanted to that.", is the comment we hear as we travel for weeks, months on our bicycles cross country. "I could never do that" they say enviously. What's holding them back is their thinking. They project their fears of the unknown onto a false belief it is "too hard", "impossible" for the ordinary bicyclists. That's not true. You can do it. The longest bicycle ride I had ever done was 36 miles when I did my first self contained trip to Michigan. The secret is go with experienced tourers.

There will be many experienced EBCers on this trip. You can do it. Join us.

—**Dick Diebold** and **Freda Brown**

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., June 2	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn,	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., June 3	6:30 PM	30 miles 14-16 mph	Meacham Grove FP Bloomingtondale	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Schaumburg Flyer – the short form. Cut out the commute-route and get straight to the interesting parts! Mostly pavement. To get to Meacham Grove, take Rt. 20 (Lake St.) west to Circle Ave. in Bloomingtondale, turn Right (North) on Circle. The FP parking lot is on the left.
Tues., June 4	9:00 AM	15-20 miles 8-10 mph	Westmore Ave. and IPP Lombard	Walter Chlipala 630-832-9390	New Adventure Ride
Wed., June 5	8:30 AM	62 miles 12-14 mph	Linne Woods FP Morton Grove	Jerry Radek 847-673-8159	Ride bike trails and open roads through North Shore suburbs including the Northbrook Velodrome and Lake Forest mansions. Weather permitting, lunch in park overlooking Lake Michigan in Lake Bluff. Bring lunch or take out from Lake Bluff restaurant. Take I-294 N. to Dempster and exit East. Go approx. 4 miles to Lehigh Ave., cross RR tracks, and turn left into Linne Woods FP across from McDonalds. Joint ride with Evanston Bike Club.
Wed., June 5	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., June 5	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.
Fri., June 7	6:30 PM	25-30 miles 11-13 mph	Villa Park Depot Villa Ave. & IPP	Walter Chlipala 630-832-9390	Friday Night Ride
Sat., June 8	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., June 8	9:30 AM	9 mile loop 8-10 mph	1 mile West of Barrington Rd. on Bode Rd.	Freda Diebold 847-891-6010	New Adventure Ride A 9 mile loop in the Poplar Creek Forest Preserve geared for new riders, but faster riders are invited also to go at their own pace. Meet in the parking lot next to the Lake off of Bode Rd. 1 mile West of Barrington Rd.
Sun., June 9	6:30 AM 8:00 AM	100 miles 16-18 mph 50 miles 16-18 mph	Depot Elmhurst Fermi Lab Batavia	Rich Kuhlman 630-462-5427 Dave Polkow 630-832-8131	Join Dave & Rich as they co-lead a century, with a 50 mile option, to Kaneville for the annual Firemen's Pancake Breakfast. Riders will be able to do either the entire 100 or optional 50 miles from Fermi to Kaneville and back to Fermi. Bring money for pancakes. Water/Gatorade refills available at the Kaneville Store.
Sun., June 9	9:00 AM	35 miles 12-14 mph	Westmore Ave. and IPP Lombard	Mike Struglinski 708-246-2089	Ride to an A&W Root Beer Stand in Aurora.
Sun., June 9	8:30 AM	32-40 miles 16-18 mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride should be finished by 11AM.
Sun., June 9	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., June 10	6:30 PM	30 miles 14-16 mph	Community Park Lisle	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Post-Duckon Ride-Lisle, Woodridge, and Bolingbrook, on and off the road. Community is on Short St., just to the West of Rt. 53, about 1/2 mile South of Ogden Ave.
Tues., June 11	9 AM	15-20 miles 8-10 mph	Lake Katherine Nature Center	Chuck Ziemer 630-323-8083	New Adventure Ride Ride paved trails through the far Southwest Suburbs. Lake Katherine entrance is on Rt. 83, .5 miles E. of Rt. 7 & one blk. E. of 76 <sup>th</sup> Ave. Entrance is on the North side of Rt. 83. Drive into the parking lot.
Tues., June 11	7:00 PM	Board Meeting	Bob Sack's House Oak Brook	Bob Sack 630-323-5711	Monthly Board Meeting
Wed., June 12	9:00 AM	50 miles 12-14 mph	Yankee Woods	Leo Engstrom 708-598-6930	Ride to Manhattan & lunch at Kirby's. Directions: Drive South to 159 <sup>th</sup> St. Turn left on 159 <sup>th</sup> St. & go East to Central (5600 W.) Turn right onto Central & go 3/4 of a mile to the parking lot on the right side.
Wed., June 12	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., June 12	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., June 13	7:15 PM	Monthly Club Meeting	Community Bank of Elmhurst	Bob Sack 630-323-5711	Monthly club meeting at the Community Bank of Elmhurst located at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Fri., June 14	8:00 AM	45-50 miles 12-14 mph	Illinois Avenue & Fox River Aurora	Lou Fish 630-668-3446	Ride out to Crystal Lake. Bring snacks.
Fri., June 14	6:00 PM	30-35 miles 12-14 mph	Jeanne Whiting's house 155-B Quincy Bloomingtondale	Jeanne Whiting 630-671-9744	Friday Night Social Ride We're going to ride around the Northwest suburbs on roads and possibly paved trails. We'll stop at my house afterwards for refreshments. Lights are required. Directions to 155-B Quincy: Take Lake St. (Rt. 20) West of I-355. Turn left at the light at Fairfield Way. Turn right at the stop sign at Braintree Lane. Take the second left and head into the parking lot by the pool. If that lot is full, there is another one on the other side of the clubhouse or you can park on Braintree. If you turn your back to the pool, you'll be facing my patio doors
Sat., June 15	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., June 15	10:00 AM	14-22 miles 8-10 mph	Villa Park Gazebo Ardmore & IPP	Judy Mikesell 630-833-1036	New Adventure Ride A SMELL THE ROSES Family/New Adventure Path Ride. 1 <sup>st</sup> stop French Quarter Market in Wheaton. 2 <sup>nd</sup> stop Kline Creek Farm for 1890's: cheese-making, carpentry & blacksmithing demonstrations. 3 <sup>rd</sup> stop late lunch. Bring \$ or snacks & picnic.
Sun., June 16 thru Wed., June 19	TBD	Various routes	Door County, WI	Joanne DeZur 630-833-7688	Door County Bicycle Ride. Come join us as we ride through Door County. We have planned a three (3) day through various routes of Door County starting on arrival June 16 <sup>th</sup> with a short ride, and with several choices of distance for the next two to three days. See article in the May newsletter, or contact Joanne DeZur for details.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., June 16	8:30 AM	32-40 miles 16-18 mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride should be finished by 11AM.
Sun., June 16	9:30 AM	18 miles 8-10 mph	Jeanne Whiting's house 155-B Quincy Bloomingdale	Jeanne Whiting 630-671-9744	New Adventure Ride – Deerfields Bakery (short route) This will be an all road ride to the Deerfields Bakery in Schaumburg. We'll spend some time at the bakery to admire and sample the pastries before we head back the same way we arrived. I'll schedule the longer route I did last year later in the summer. Directions to 155-B Quincy: Take Lake St. (Rt. 20) West of I-355. Turn left at the light at Fairfield Way. Turn right at the stop sign at Braintree Lane. Take the second left and head into the parking lot by the pool. If that lot is full, there is another one on the other side of the clubhouse or you can park on Braintree. If you turn your back to the pool, you'll be facing my patio doors.
Sun., June 16	12 Noon	Ride Leader, Distance, and Pace TBD	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Tues., June 18	9:00 AM	15-20 miles 8-10 mph	Villa Park Depot Villa Ave. & IPP	Walter Chlipala 630-832-9390	New Adventure Ride
Wed., June 19	9:30 am	35-40 miles 10-12 mph	Busse Woods FP Elk Grove	Ed Curtin 847-981-1677	Ride To Schaumburg Tour Schaumburg's Bikeways & PoplarCreek FP bike trail. We'll stop at a Culvers for snacks. All paved streets and bike path.
Wed., June 19	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., June 19	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., June 22	6:30 AM	100 miles 10-12 mph	Villa Park Depot Villa Ave. & IPP	Walter Chlipala 630-832-9390 Ellen Johnson 630-595-4910	Century Triangle – Villa Park to Aurora to Crystal Lake. Bring food & snacks. An all path ride with no restaurant stops.
Sat., June 22	6:30 AM	40 – 50 miles 10-12 mph	Villa Park Depot Villa Ave. & IPP	Mary Moroney 630-629-1812	Out on the path with the 100 mile riders, and back through Fermilab on streets. Bring snacks.
Sat., June 22	9:00 AM	Ride Leader, Distance, and Pace TBD	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., June 23	8:30 AM	32-40 miles 16-18 mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride should be finished by 11AM.
Sun., June 23	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., June 25	8:30 AM	16-18 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688	New Adventure Ride Ride on & off the IPP to Einstein's Bagel in Glen Ellyn.
Wed., June 26	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., June 26	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.
Fri., June 28	7:00 PM	Monthly Collating Party	Judy Mikesell's House Villa Park	Judy Mikesell 630-833-1036	Newsletter Collating Party Join fellow members in preparing next month's newsletter. Call Judy for directions.
Sat., June 29	9:00 AM	Ride Leader, Distance, and Pace TBD	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., June 30	6:00 Am 8:30 AM 11:00 AM	33-35 miles 16-18 mph 33-35 miles 16-18 mph 33-35 miles 16-18 mph	Big Apple Bagel Restaurant Elmhurst	Dave Polkow 630-832-8131	Triple Loop Century
Sun., June 30	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.
Wed., July 3	9:00 AM	50+ miles 12-14 mph	Villa Park Depot Villa Ave. & IPP Villa Park, IL	Walter Chlipala 630-832-9390	Ride To Busse Woods and Beyond Ride mostly on streets and paved paths. Lunch stop near Woodfield Mall.
Wed., July 3	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 312-298-2300	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., July 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., July 6	9:00 AM	Ride Leader, Distance, and Pace TBD	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., July 7	8:30 AM	32-40 miles 16-18 mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride should be finished by 11AM.
Sun., July 7	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.

## Directions to ride starting locations

Starting Point	Directions
<b>Community Bank of Elmhurst Elmhurst, IL</b>	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.
<b>Depot Elmhurst, IL</b>	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.
<b>Gazebo Glen Ellyn, IL</b>	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.
<b>Busse Woods Elk Grove Village, IL</b>	Take I-290 (Route 53, I-355) to Biesterfield Road East. Beisner Road is the 1 <sup>st</sup> 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.
<b>Spring Rock Park Western Springs, IL</b>	Spring Rock Park is located at 47 <sup>th</sup> Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
<b>Villa Park Depot, Villa Park, IL</b>	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.
<b>Volunteer Park Wheaton, IL</b>	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.
<b>Waterfall Glen Forest Preserve Darien, IL</b>	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.
<b>Big Apple Bagels Elmhurst, IL</b>	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,  
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AND PROUD SPONSOR OF THE  
CHUCK PAVEL HELMETS FOR KIDS PROGRAM**



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

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

## Safety & Such



Now that we have covered group riding, it's time to take a look at solo riding. You no longer enjoy the safety of numbers as when group riding. You are now completely responsible for your own safety. This means you must be totally aware of everything around you. It is important to develop a mental discipline which becomes second nature

to help you to ride safely. In motorcycle training courses they use the acronym S.I.P.D.E. to teach this.

**S—SCAN** Constantly keep your eyes moving to see what is occurring **ALL** around you (sides, front, and rear)—road conditions, traffic, etc.

**I—INTERPRET** Don't just look—Actually **SEE** what is going on around you and interpret what you see.

**P—PREDICT** Determine what could cause an unsafe condition to develop (traffic conflicts, potholes, gravel, obstacles, etc.)

**D—DECIDE** If an unsafe condition is predicted, immediately decide how you are going to handle the situation (slow down, make space, change position on the roadway, etc.)

**E—EXECUTE** Take the action you have decided upon. Make sure this action can be taken safely.

When you are out riding alone, periodically review this acronym. As time goes by this should become an automatic mental process. Remember 'SIPDE' and ride safely.—**Ted Sward 708 354-5782**

## Tech Tip: Chains

Generally there are two things that require your attention regarding your chain—1. Lubrication, 2. When to replace your chain.

1. Lubrication—If you ride often it is probably wise to lube your chain every two weeks (more often if wet or dirty conditions have been encountered.) If you ride less than once every two weeks perhaps once a month should suffice.

Always shift your chain onto the small rear cog so that the chain can flex the maximum insuring the lube works well into the links. After the lube has been applied, take a short ride around the block making sure you shift so that all sprockets are lightly coated. **NOW** -with a rag or paper towel remove all the lube you can. Any lube you cannot remove is not doing anything but collecting dust and dirt which helps wear out your chain. I personally prefer to use a lube that dries leaving a wax coating such as "White Lightning", Finish Line "Krytech" or similar. This leaves a nice clean drive train.

2. Replacing your chain—It is important that your chain is replaced as soon as it is worn or stretched out of limits. To check your chain, tension the chain by pressing lightly on the right pedal while you hold a 12-inch ruler to the top half of your chain. On a new chain, 12 full links will measure exactly 12 inches long. When the same number of links measures 12 $\frac{1}{8}$  inches, replace the chain. If you do not replace your chain when needed, excessive wear will occur to the rear cog set requiring its replacement also (\$25 to \$50+). Normally you can replace your chain several times (\$10 to \$25) before you wear out a cog set.

Make sure the replacement chain you purchase is compatible with your drive train or have your favorite bike shop replace your chain for you.—**Ted Sward 708 354-5782**