

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
630-462-3734
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
Judy Mikesell
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

July 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!

National Trails Day

Greetings EBCer's,

We had a very nice turnout for National Trails Day yesterday for the third year in a row. Even the weather cooperated once again. I'd like to thank our 4 excellent ride leaders for again doing a superb job.

Rich (I feel the need for speed) **Kuhlman** led a scorching 50 mile ride that became a 60 mile ride that covered 4 different trails. Most of the ride was at a speed of 20 MPH + average which is really moving along on a trail (especially for an old retiree like **Kuhlman**!) ;-) I was glad I pumped up my tires before the ride.

Larry (attention to details) **Gitchell** once again led the moderate 50 mile ride that consisted of two 25 mile loops. This is probably the most difficult ride to lead as it attracts many riders who are attempting this distance for the first time and for some it may be a bit more than they thought. **Larry** did a fantastic job with a large diverse group of riders - many of whom aren't used to riding as a group.

Ted (smell the roses) **Sward** handled the leisurely paced 25 mile ride and did his usual great job. **Ted** too had a very large group which can be a handful to keep together - especially with many non club members mixed in.

Mary (patience) **Moroney** led the family ride for the third straight year. She does a terrific job keeping together a large group of riders that can be somewhat unwieldy at times on the path. It's good to see the kids out on the path and on their way to becoming regular bike users and advocates. Thanks also to **Judy Figura** and **Judy Mikesell** for helping out and sweeping for the family ride.

I also like to thank **Laura Sanborn** for stepping up and assuming my day of ride duties so that I could do the fast 50 ride. She does a great job as MC. If I have missed anyone else your assistance was appreciated.

Last, but not least, I'd like to thank the father and son team of Tom and Doug over at Midwest Cyclery for donating almost \$200 worth of bike stuff for the door prizes. This is the third year in a row they have generously supported the event and as many of you know they have also been great supporters of the club. Many of you already frequent their shop at 117 E. Front St. in Wheaton (just north of the railroad tracks and across from the fountain) and know they give honest straight forward advice and service. Please consider them next time you need a new bike or parts. I think it's important we support those who support us.

The planning committee for NTD consists of one person from The Conservation Foundation Trails Project, one from The Trail Riders of DuPage (TROD), and myself representing both the EBC and the Trails Project. We will be sitting down soon to discuss this years as well as next years event. If you have any suggestions or ideas in regards to NTD please let me know.

We moved NTD this year to the Danada Forest Preserve and I think this was an improvement. Kline Creek Farm is also a possibility for next year and Deborah Fagan (trail coordinator for the county) also mentioned Timber Ridge as a potential site.

Ride On (NTD),
Mike Incopero

—Adapted from an item sent to the club list server.

New Spokes on the Wheel
 Complied by Database Manager
Mary Moroney

CHRIS CAMPANELLI
 WHEATON
 chrisc@datair.com

BRUCE & JUDY GIBBS
 WINFIELD
 bgibbs26w@aol.com

SHARON GILBERT
 VILLA PARK
 sgilbert@amcastle.com

KEVIN MCCAULEY
 ELMHURST

MARY C. MURPHY
 CAROL STREAM

CHRISTINE OSZAK
 VILLA PARK
 coszak@aol.com

ALAN PEPPER & CINDY CRONIN
 FOREST PARK

KAREN & BILL SCHWARTZ
 DOWNERS GROVE
 cteach3@attbi.com

BARB SWASAS & JIM BARR
 ADDISON
 jimbarr@screaminet.com

We're growing every month!

Type	Memberships	Members
Family	75	181
Individual	<u>165</u>	<u>165</u>
Total	240	346

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

July Club Meeting

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

- Program -

Bena Gerber on her "Circle America 2000 Bike Tour"

Upcoming Programs

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, July 26th 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 August Ride Schedule is July 13th, the second Saturday of July. 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. 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 August Cue Sheet is Monday, July 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

Felines & Fire Engines 3

6:30 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 **Larsof-Mars@aol.com**

SOMETHING NEW: ETHNIC DINNER RIDE

Once a month on Friday night we will ride and then enjoy dinner at an area ethnic restaurant (no chains). Japanese, Mexican, Bohemian & Chinese are already on the list. We will be meeting at the Villa Park depot (Villa Ave & IPP) at 6:00 p.m. Non-riding family or friends can join us for dinner at 7:15. Lights will be needed for the short ride back to our starting point. First ride Friday July 19th.

Rain or shine we will be eating!

—**Judy Mikesell 630 833-1036**

Erie Canal Excursion

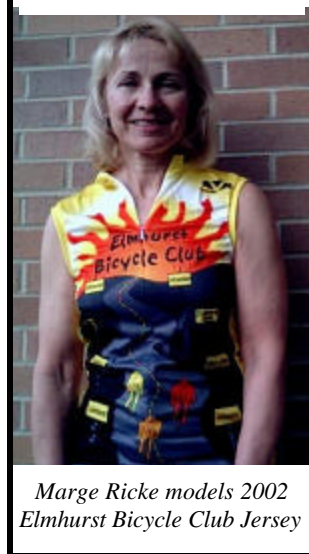
Bike the Erie Canalway and towpaths from Buffalo to Albany, New York Sept. 21st to 28th. This is a "shuttle" ride meaning 2 or more folks share the driving and riding. It works wonderfully. Even low or no-mileage bikers can have a great time. Lots to see and learn about. Wonderful small towns bulging with history and the autumn beauty of the east coast. Let **Lou Fish 630-668-3446** or **Janet Koludrovic 630-964-5126** know if you'd like to be part of this club ride.

HISTORY OF ELMHURST BICYCLE CLUB

Twenty-Five years ago **Evelyn Staehle** was planning a bicycle vacation in Europe and decided riding with a club would help get her in shape. The League of American Wheel-men told her there was no club in Elmhurst and suggestion she start her own. We now have her to thank for that because that is exactly what she did. She placed notices in the local papers and the LAW Monthly Bulletin which brought a response from **Dick Diebold**. Several members of the Franklin Park Club offered to help as did the Elmhurst Park District by offering the Depot as a meeting place. The **Lockman's, Connie and Orrin** were next, and then with the efforts of **Evelyn, Dick, Connie and Orrin** the bicycle club which April 1978 became the ELMHURST BICYCLE CLUB was formed.

Some tidbits of our past are as follows:

New Club Jerseys Have Arrived!



*Marge Ricke models 2002
Elmhurst Bicycle Club Jersey*

1. Oct 26, 1977 first meeting with 32 in attendance
2. March 12, 1978 first Virgin Voyage
3. March 1978 affiliated with L.A.W./Got Charter
4. April 1978 Official name chosen and Incorporated by State of Illinois
5. May 17, 1978 changed meeting place, "out-grew" Depot and moved to Eldridge School. Total Membership now 109
6. Oct. 18, 1978 First Birthday Party celebrated
7. Oct 19, 1978 First Halloween Party
8. Dec 2, 1978 First Christmas Party at the Abbey

Thank You from a New Member

[To Ride Leader] **Jeanne Whiting,**

Thank you for leading the ride to Deerfield Bakery last Sunday. And thank you especially for looking out for this new member. It was my first club ride, and the longest ride I've been on in a long time, and you made me feel welcome. And I was only kidding when I said you were trying to kill me with those hills :->—**Chris Oszak**

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.

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**.

July 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
Tues., July 2	8:30 AM	20 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688	New Adventure Ride We will complete our surprise Fire Department tour in Elmhurst. This will be at the end of the ride as long as they are not out on call. Bring snacks.
Tues., July 2	9:00 AM	30-40 miles 13-15 mph	National Grove Woods FP North Riverside	John Erickson 708-447-3448	Ride from North Riverside to the South & West using various routes. If raining, please call. The entrance to the FP is at DesPlaines Ave. & 29 th St.
Tues., July 2	7:00 PM	Board Meeting	Bob Sack's House Oak Brook	Bob Sack 630-323-5711	Monthly Board Meeting
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 630-462-3734	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.
Thur., July 4	6:30 AM	112 miles 16-18 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H)	Felines & Fire Engines 3 – Elmhurst To Woodstock and Back Route will be mostly road with some paved trail segments. SAG support will be provided.
Fri. July 5	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.
Fri., July 5	6:00 PM	20-24 miles 12-14 mph	Villa Park Depot Villa Park	Charlie Mikesell 630-833-1036	Ride 10-12 miles and then stop for an "All you Can Eat Fish Fry" at the Villa Park VFW. For all those who wish to ride some more, we will do another 10-12 mile loop. Lights will be required for the second loop.
Sat., July 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.
Sat., July 6	9:00 AM 10:00 AM	50 miles 12-14 mph 30 miles 10-12 mph	I&M Canal Rockdale Channahon SP Channahon	Carole Danillo 630-495-8162	Lunch in Morris. Bring a snack. Rockdale start is located at U.S. Rt. 6 & Brandon Channahon start is located just W. of I-55 and just S. of Rt. 6. Call Carole for complete details.
Sun., July 7 Thru July 10				Petra Hofmann petralyn@chicagonet.net Sharon Ganske ganskesh@hotmail.com	2002 Pedal & Paddle Event Depart Sunday July 7th and return Wednesday July 10 th . We plan to stay at a motel in the Mauston, Elroy-Sparta, New Lisbon area. We will bike & canoe, or just bike. To obtain all the details e-mail Petra or Sharon.
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.
Tues., July 9	9:00 AM	12 miles 8-10 mph	Spring Rock Park Western Springs	Vicki Pate 630-655-4698	New Adventure Ride Bike by homes in Hinsdale & Clarendon Hills designed by architect Harold Zook. The ride includes a tour of the "home with the tower". Snacks provided.
Tues., July 9	9:00 AM	30-40 miles 13-15 mph	National Grove Woods FP North Riverside	John Erickson 708-447-3448	Ride from North Riverside to the South & West using various routes. If raining, please call. The entrance to the FP is at DesPlaines Ave. & 29 th St.

3 Day Tour

Sharon Terpstra suggested bravery is required to set out on a self-supported bicycle tour.....our response.....

See, that's the secret.....shhh

You don't need bravery, just the ability to laugh and enjoy a good time.

We met in Lena for breakfast, **Tom Coogan, Mike Struglinski, Al Stanke, Freda and Rich Diebold.** Start time, 9 AM, came and the light rain wasn't letting up. Although riding in perfect weather is not a choice when you're touring across country some didn't look forward to getting

wet. :-)) Everyone was aware the forecast was for clearing by afternoon so we drove until we were out of it, just north of Warren, Illinois. Abandoning our plans to ride to the campground with our gear stowed on our bicycles - three drivers drove their vehicles on to the campground in Belmont, Wisconsin and one lone rider got on a new bicycle to ride 33 miles from Warren to Lake Joy.

Sunday, after riding to breakfast in Plattville all rode to Dick-eyville for a touristy look at the famous Grotto.

Sunny, warm and wonderful rolling hills. These rollers were not drudgery but tough enough to build strength - "good for ya" hills.

Monday it was a 16 mile ride to Darlington for breakfast before heading back to vehicles at campground. Three days of riding netted only 113 miles for the rider who did the most miles. The hill factor ratchets that up to the equivalent of 55 miles a day..in my opinion anyway. :-))

Seriously folks, the purpose for the short bicycle touring trips is to give those who "have always wanted to do that at least once" an opportunity to do so. Lack of experience of what it must be like opens our imaginations to the boogeyman. In reality, with experienced tourers along to guide and encourage, most anyone can do it. Thirty-six miles on a Schwinn was as far as I had ever ridden when I agreed to accompany a girlfriend on a trip to Lansing, Michigan. Yes, I was afraid and uptight. It took about three trips to get over that.

September is another opportunity to experience bicycle touring in an ideal situation. Short - 3 days; Short - 48 miles; 40 miles on trail, 8 miles on Wisconsin country roads. Join us on a tour to Lake Geneva, WI. from Elgin.—**Freda and Rich Diebold**

—Adapted from an item sent to the club list server.

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**

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—**Betty Bond**

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.

1. Safety—Pre-ride Checklist:

Wheels—Make Sure wheels are properly installed, running free and true. The brake pads should be centered on the rims. Check tire pressure using a gauge. Are the cones properly adjusted? (push wheels from side to side, They should not be loose.) Are the quick release levers tight? If the wheel wobbles badly check for broken spokes. (or have the wheel trued by your bike shop.)

Headset—Apply pressure to your LEFT brake lever and push the bike forward and backward—there should be little or no looseness in the headset.

Crankset—Check to see that the crank set and pedals are attached properly and the bearing adjustments are correct. (No looseness.)

DO YOU HAVE YOUR HELMET AND GLOVES?

Hydration—Make sure you have plenty of water or your favorite sports drink (or both). Drink frequently (every 15 minutes or more often during hot weather). If you only drink every hour or more and then consume a full water bottle all at once most of that liquid will pass through your body and will not be absorbed into your system. Many people use two bottles—one with a sports drink and one with water. They alternate drinking from each bottle.

DRINK FREQUENTLY AND KEEP YOUR BODY HYDRATED.

2. And Such—Pedaling:

Most important is to make sure your foot is properly positioned on the pedal. The BALL of your foot should be directly over the pedal spindle. As your foot moves over the top of your pedal stroke, lower your heel slightly. As your foot moves downward on the power stroke point your toe slightly and raise your heel slightly.

At the bottom of the arc pull back with your foot like you are scraping mud from your sole. This will extend your power stroke about 20° and increase your pedaling efficiency from 10—20%.

To the old-timers this is called 'the ankling technique'. NOTE: this can be done even if you are using pedals without toe clips or clipless devices. Think circles (spinning), don't just push down flat footed (pumping). If you use clipless pedals or toe clips you can extend this power stroke 360° by pulling up with your foot until you feel pressure on the top of your instep.

It is important that you use your legs and your feet for an efficient power stroke. NOTE: you will discover new muscles in your shins and calves when you first use this technique—but stay with it and you will enjoy greater efficiency in your pedalling.

Ted Sward 708-354-5782

Wizard Ride Pre-Rides Saturday, July 20th

The Metro Metric Pre-rides will be held July 20th. At press time it was uncertain whether the bridge crossing the Fox River on Fox River Drive would be closed for construction. A possible alternate route is Route 47 across the river to Fox Road, right on Fox to Highpoint Road, right on Highpoint, and left on Fox to the Silver Springs State park entrance.

At last report, we still needed a ride leader for the fast century. If you would like to volunteer, call or email **Ed Curtin at 847 981-1677** or **curtine1@attbi.com**.

Many of you may have heard rumors regarding the police in Kendall County targeting cyclists for tickets during the Silver Springs 60 invitational. Ed Curtin contacted Rich Westerman, the Silver Springs chair from the Fox Valley Club, and was told that only 4 warning tickets and 3 traffic tickets were issued to riders. Rich was of the opinion that the tickets could have been avoided if the cyclists hadn't had confrontational attitudes with the officers. Please help set the record straight when you hear negative comments about biking in Kendall County.

It's extremely important to our club that we have a good turnout for the Metro Metric. If cyclists perceive Kendall County as a bad place to ride, they won't show up. Remember, all warnings and tickets could have been avoided if the cyclists had obeyed the laws and stopped at the stop signs.

Metro Metric Update

I'd like to send out a big THANK YOU to everyone who has signed up to volunteer for the Metro Metric on July 28th. Whether you're making sandwiches, directing traffic, pounding in route signs, or helping with any of the other meaningful tasks associated with the ride, it wouldn't be a success without you. For the rest of you, what are you waiting for? Fame, fortune, a free t-shirt? We can't help with the first two, but if you volunteer by July 10, the t-shirt will be yours. Along with helping the club raise funds, you'll get a great opportunity to get out and socialize with other wonderful club members.

If you'd like to volunteer, please contact one of the people listed below. If the first person you call doesn't have an opportunity that interests you, call the next person on the list.

Vicki Ortega - 708-409-0105 - Food - Make sure all rest stops have food and ice. Shuttle supplies between stops if necessary.

Ed Curtin - 847-981-1677 - SAG - drive the route and assist/pick up weary riders.

Marge Ricke - 630-616-8481 - Route - Post signs for the route and occasionally check to make sure they don't get moved. Stand at busy intersections to help direct riders.

Joanne DeZur - 630-833-7688 - Rest Stops - Setup the rest stops, hand out refreshments during the ride and tear the stops down when the ride is over.

Kacy Worcester - 630-941-8532 - Cookies - Bake 8 dozen cookies and arrange to drop them off at Kacy's.

Al Stanke - 630-789-1969 - Registration - Greet riders and answer any questions regarding the routes.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., July 10	9:30 AM	27 miles 10-12 mph	Bennett Park Geneva	Ted Sward 708-354-5782	Riverbend Roundabout Ride the Fox River trail plus roads. Lunch at Al's in Batavia. Bennett Park is 1/4 mile N. of Roosevelt Rd. (Rt. 38) on Rt. 25 (Bennett St.). Park is on W. side of street.
Wed., July 10	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 630-462-3734	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., July 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.
Thur., July 11	9:00 AM	30-40 miles 13-15 mph	National Grove Woods FP North Riverside	John Erickson 708-447-3448	Ride from North Riverside to the South & West using various routes. If raining, please call. The entrance to the FP is at DesPlaines Ave. & 29 th St.
Thur., July 11	9:30 AM	5-9 miles Slow (as slow as needed)	Poplar Creek FP parking lot 1+ miles W. of Barrington Rd.	Freda Brown 847-891-6010	New Adventure Ride Good ride for beginners, although everyone is welcome. It's a 9 mile loop to do at your own speed & pace.
Thur., July 11	7:15 PM	Monthly Club Meet- ing	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 The program will feature Bena Gerber's presentation of the "Circle America Tour - 2000" A 9000+ mile bike tour Bena completed in 2000.
Fri. July 12	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., July 13	8:30 AM	62 miles 12-14 mph	Linne Woods FP Morton Grove, IL	Jerry Radek 847-673-8159	North Shore Mansion Ride 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 & turn left into Linne Woods FP across from McDonald's
Sat., July 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.
Sun., July 14	6:00 AM 8:30 AM 11:00 AM	100 miles 60+ miles 30+ miles	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Triple Loop Century - 30 to 35 mile rides starting at 6AM. Each loop will begin and end at Big Apple Bagels in Elmhurst. Pace is 16-18 mph. Come for 1, 2, or all 3 loops which will be different.
Sun., July 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., July 16	9:00 AM	30-40 miles 13-15 mph	National Grove Woods FP North Riverside	John Erickson 708-447-3448	Ride from North Riverside to the South & West using various routes. If raining, please call. The entrance to the FP is at DesPlaines Ave. & 29 th St.
Tues., July 16	9:00 AM	22 miles 8-10 mph	Waterfall Glen Cass & S. of I-55	Chuck Ziemer 630-323-8083	New Adventure Ride Ride an easy loop thru Southern DuPage - All streets & paved paths. (Surprise Snack Stop)
Wed., July 17	9:30 AM	30 miles 11-13 mph	Villa Park Depot Villa Ave. & IPP Villa Park, IL	Carol Nield 630-964-2488	Pedal & Paddle Ride to Blackwell Woods FP. Canoe for 1 hour on Silver Lake. Canoe rental \$5.00 per canoe. Bring snacks or lunch.
Wed., July 17	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 630-462-3734	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., July 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.
Thur., July 18	9:00 AM	30-40 miles 13-15 mph	National Grove Woods FP North Riverside	John Erickson 708-447-3448	Ride from North Riverside to the South & West using various routes. If raining, please call. The entrance to the FP is at DesPlaines Ave. & 29 th St.
Thur., July 18	9:30 AM	5-9 miles Slow (as slow as needed)	Poplar Creek FP parking lot 1+ miles W. of Barrington Rd.	Freda Brown 847-891-6010	New Adventure Ride Good ride for beginners, although everyone is welcome. It's a 9 mile loop to do at your own speed & pace.
Fri., July 19	6:00 PM	One hour ride 10-12 mph	Villa Park Depot Villa Park	Judy Mikesell 630-833-1036	Ethnic Dinner Ride We will ride for an hour then enjoy dinner at a local independent ethnic restaurant. Will need lights for short ride back to start. Bring \$.
Sat., July 20	6:30 AM 7:00 AM 7:00 AM 8:00 AM 8:30 AM	100 miles (10-12) 100 miles (16-18) 68 miles (12-14) 41 miles (11-13) 23 miles (10-12)	Silver Spgs. SP Silver Spgs. SP Beecher Center Beecher Center Beecher Center	T. Sward 708-354-5782 D. Buckson 630-782-5193 M. Ricke 630-616-8481 W. Chlipala 630-832-9390 M. Moroney 630-629-1818	Metro Metric Pre-Rides The century rides will follow the Metro Metric route out of Silver Springs SP. The 1 st loop, out and back to Silver Spgs., will be 55 miles. Then lunch break at Silver Spgs. Bring lunch, snacks, and water. The second loop will be 45 miles out & back. For Ted's ride there's an option for faster riders - call Ted for details. Directions: Take I-88 W. to the Rt.56, Rt.47, Sugar Grove exit. Take Rt. 47 S. to River Road. River Rd. is the last street on the right before going over the bridge into Yorkville. Go right on River Rd. to Fox River Dr. Go left on Fox River Dr. to Fox Rd. Go left on Fox Rd. to the first entrance to Silver Springs State Park. All other rides start at Beecher Center. Directions to Beecher Ctr.: Take I-88 W. to the Rt. 56, Rt. 47, Sugar Grove exit. Take Rt. 47 S. to Rt. 34, turn right (W). Go about .5 miles to Game Farm Rd., turn left (S) and go about .25 miles. Beecher Ctr. is on the left. All riders should bring their own snacks and water.
Sat., July 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., July 21	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., July 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
Tues., July 23	9:00 AM	30-40 miles 13-15 mph	National Grove Woods FP North Riverside	John Erickson 708-447-3448	Ride from North Riverside to the South & West using various routes. If raining, please call. The entrance to the FP is at DesPlaines Ave. & 29 th St.
Tues., July 23	9:00 AM	15-20 miles 8-10 mph	Waterfall Glen north parking lot	Mary Jo Bolan 630-887-9652	New Adventure Ride Ride to my house to see the prize quilt that I won from the Salt Creek Quilting Guild Raffle. Snacks will be served.
Wed., July 24	8:30 AM	35 miles 12-14 mph	McCullom Park Downers Grove, IL	Don Dvorak 708-354-5856	Ride To Performance Bike Shop A road ride with a bakery stop in Naperville or bring your own snacks.
Wed., July 24	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 630-462-3734	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., July 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.
Thur., July 25	9:00 AM	30-40 miles 13-15 mph	National Grove Woods FP North Riverside	John Erickson 708-447-3448	Ride from North Riverside to the South & West using various routes. If raining, please call. The entrance to the FP is at DesPlaines Ave. & 29 th St.
Thur., July 25	9:30 AM	5-9 miles Slow (as slow as needed)	Poplar Creek FP parking lot 1+ miles W. of Barrington Rd.	Freda Brown 847-891-6010	New Adventure Ride Good ride for beginners, although everyone is welcome. It's a 9 mile loop to do at your own speed & pace.
Sat., July 27	7:00 AM	50 miles 16-18 mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Ride to Naperville. Bring money for snacks.
Sat., July 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.
Sun., July 28	6:00 AM	23, 41, 65, and 100 mile routes	Beecher Community Center Yorkville, IL	EBC Hotline 630-415-2459	Wizard Ride 2002 – Metro Metric XXII
Tues., July 30	9:00 AM	30-40 miles 13-15 mph	National Grove Woods FP North Riverside	John Erickson 708-447-3448	Ride from North Riverside to the South & West using various routes. If raining, please call. The entrance to the FP is at DesPlaines Ave. & 29 th St.
Wed., July 31	9:30 AM	32 miles 11-13 mph	Busse Woods FP Elk Grove, IL	Ed Curtin 847-981-1677	Ride To Lake Arlington for a picnic lunch. Bring your lunch & snacks.
Wed., July 31	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 630-462-3734	Weekly Wednesday night ride. Lights, front & rear, are recommended.
Wed., July 31	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.
Thur., Aug., 1	9:30 AM	5-9 miles Slow (as slow as needed)	Poplar Creek FP parking lot 1+ miles W. of Barrington Rd.	Freda Brown 847-891-6010	New Adventure Ride Good ride for beginners, although everyone is welcome. It's a 9 mile loop to do at your own speed & pace.
Fri. Aug 2	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., Aug 3	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., Aug 4	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., Aug 4	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.

The Wind
by **Steven Gade**

What do I say, how to begin?
I do not like that awful wind.

It always blows with all its might,
every time I ride my bike.

It will blow and chill my bones,
and start the frostbite in my toes.

Must I say it once ag'in?
I do not like that awful wind.

I do not like it from afar,
I do not like it from a car.

I do not like it from the side,
When I'm open and can't hide.

I dislike wind on sunny days,
and blowing over ocean bays.

I dislike wind upon the grass,
And I dislike it up my *ss.

I do not like that awful wind,
No I don't, I don't by Jim.

I've never liked it from the south,
It blows big bugs into my mouth.

Wind once made me 'cede a race,
It threw me off a winning pace.

And I disliked the way it blew,
the time I rode a bike for two.

(And would it seem a bit redundant,
To say it stinks on a recumbent?)

Wind never once has been my friend,
I'll hate it, hate it, 'till the end.

But one confession, this I will,
Wind is better than a hill.

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.
Waterfall Glen Forest Preserve Darien, IL	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.
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.

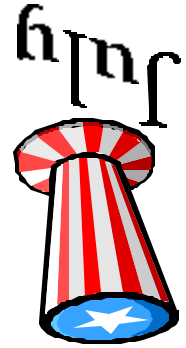
The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate In club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and 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, Illinois 60126
P.O. Box 902
Elmhurst Bicycle Club

It's Coming Soon!!!!
Circle This Date
Sunday August 25th
EBC's 25th Anniversary Party/Picnic
Madison Meadow Park
700 Block of East Madison
Lombard, IL
Rides in the Morning
Lots of Great Food at 3:00 PM
ALL MEMBERS WANTED !!

Ride Leader Workshop

A Ride Leader workshop is scheduled for Saturday morning August 10, 2002. The workshop will last about two hours followed by a short 10-15 mile bike ride. Everyone is invited including members who have lead rides already. The workshop will cover, "What to Do Before The Ride", "What to Do The Day Of The Ride", "What To Do After The Ride", and then cover some real life "Ride Leader" situations. We need to know ahead of time how many members will be attending so that we can be sure to have a sufficient supply of materials on hand. Please RSVP **Ed Curtin** at curtine1@attbi.com or **847-981-1677** if you are going to attend.

Submitted by Ed Curtin