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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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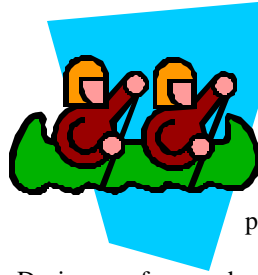


Cue Sheet

August 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!

Peddle & Paddle WI '02



Hi Everyone,

In four days we: drove 400 miles, biked 135 miles and paddled 10 miles. We also suffered from a flat tire and broken spokes. The Kickapoo River is a pleasant meandering river perfect for first time paddlers such as myself. It also helped to have an experienced partner in the back, except when being guided through low hanging branches! Titanic Canoes of Ontario, WI did a great job providing canoe, kayak and vests for our trip.

During our four day visit we biked the Omaha, Elroy-Sparta and "400" trails. We ate Chinese in Reedsburg and saw a huge collection of antique and classic bikes in Sparta. In addition, we have the pictures of THE huge bicycle to prove it.

It is very difficult to write my opinion of the best part of this trip. Each day was a little different and its own reward. Our evenings were especially nice - food, wine and great company. I am thankful that **Bob** brought his second bike as a backup. My Bianchi is still suffering from a surfeit of spoke failures.

Fall Colors P & P

We had such a good experience that we thought we'd try it again for "Fall Colors". The idea is a 3 day weekend the first weekend in October. We arrive on Friday ride the short "Omaha" trail. On Saturday we canoe the Kickapoo with a planned cookout afterward. We then return to Ontario on bikes downhill through Wildcat Mountain S.P. to Ontario and our cars. Sunday is a trail ride of your choice then return to Chicago Sunday evening. This is possible as there are very nice showers at the Commons in Elroy for the price of a donation.

There are a number of camp sites which look very nice for those interested in camping. **Bob** suggested that the Tunnel Hill camp ground looked very nice. In fact, this camp ground has camping cabins where all one needs is a sleeping bag. The rest would probably stay in a motel in New Lisbon or Mauston. Further, there are a number of guest houses in the area if that is your preference. There are 5 bike trails all within about an hour's drive time from the proposed home base. This means plenty of trail choice for riders.

Let either me or **Sharon Ganske** (Ganskesh@hotmail.com) know if you are interested in going. Again the dates are October 4, 5 & 6. We need to plan now so that we can pick a place to stay before the fall crush.

See Ya in Yorkville, too.

Petra Lynn Hofmann
petralyn@chicagonet.net

New Spokes on the Wheel
Complied by Database Manager
Mary Moroney

LEWIS M. LOSTER
ELMHURST
bluelew@worldnet.att.net

MIKE, KAREN AND RYAN PATENA
LAGRANGE
patena@uic.edu

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

No Club Meeting in August!

Join us at Madison Meadows in Lombard
for the EBC 25th Anniversary Celebration!
See page 8 and Ride Schedule for more information.

Upcoming Programs

September — Open

October — Deborah Fagan " Bike Trails in DuPage County".

November — Open

December — Holiday Party.

Collating Party

Friday, August 23rd 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 September Ride Schedule is August 10th, the second Saturday of August. 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 September Cue Sheet is Monday, August



12th.

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**

We're growing every month!

Type	Memberships	Members
Family	77	186
Individual	<u>166</u>	<u>166</u>
Total	243	352

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**

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**

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.

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 Ringier** are planning on going. Contact any of the above for more information or to express your interest in going.—**Carol Nield**

25th Anniversary Celebration

Elmhurst Bicycle Club's elected officers and board members have generously voted to host a 25th anniversary party/picnic for all members on Sunday August 25, 2002. Food and beverages will be provided for your lunching pleasure. Let's show our board that we appreciate that gesture with our attendance.

There will be three bike rides in the morning. Check the ride schedule for times, speed, and distances. There is a restroom with flush toilets and running water if you want to wash up after the bike ride. Food will be served at 3:00 PM. Madison Meadow is a lovely park with tennis courts, basketball courts, Frisbee golf, and plenty of lawn space. You may want to bring bocce' ball, croquet equipment, tennis racquets, or a ball to play catch. Also, all seating will be at picnic tables so you may want to bring a comfortable lawn chair for sitting under a shade tree and visiting with friends after lunch.

We ask that you RSVP on the EBC Hotline **(630-415-BIKE)**. Just give us your name and how many will be coming. We need to know so we order sufficient amounts from the caterer. The deadline to RSVP will be August 18th. Why not call now and avoid the rush??

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.

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)

August 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
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, & 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.
Thu., Aug, 1	8:45 AM	Mileage Unknown Pace Moderate	The Diebold's Schaumburg	Freda Brown 847-891-6010	Create-A-Cue Sheet Ride
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.
Aug 4 th to Aug 15 th		400 miles 15 mph	The Diebold's Schaumburg	Freda Brown 847-891-6010	From the Diebold's to the UP Border. [one way only] – we will beg a ride back from the UP Loop Riders who are driving up.
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, Dis- tance, & Pace TBD	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., Aug 5	7:00 PM	Board Meeting	Joanne DeZur's House Elmhurst	Joanne DeZur 630-833-7688	Monthly Board Meeting
Tues., Aug 6	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 th Ave. Entrance is on the North side of Rt. 83. Drive into the parking lot.
Wed., Aug 7	8:30 AM	35 miles 12-14 mph	McCullom Park Downers Grove, IL	Don Dvorak 708-354-5856	Ride McCullom Park to Clarendon Hills to 4 Lakes to McCullom Park. A food stop in Clarendon Hills or bring your own.
Wed., Aug 7	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., Aug 7	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. Aug 9	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., Aug 9	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., Aug 10	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., Aug 10	9:00 AM	61 miles 15 mph	LeRoy Oaks FP St. Charles	Ray Dal Lago 630-543-4655	"The Feel of Steel" Dal Lago will lead "de Ride to DeKalb". We will cycle 33 miles to DeKalb using very lightly traveled roads. Once in DeKalb we will have lunch downtown (bring your own OR choose from a deli, a Subway across the street, a take-out Mexican restaurant, a sandwich/fast food place or a convenience mart). After lunch we will ride 28 miles back to LeRoy Oaks. Plan on finishing around 2PM
Sun., Aug 11	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 11	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., Aug 13	9 AM	15-20 miles 8-10 mph	Volunteer Pk. Wheaton, IL	Ed Curtin 847-981-1677	New Adventure Ride Ride the IPP to Pratt Wayne Woods. Bring snacks.
Wed., Aug 14	9:00 AM	30 miles 10-12 mph	York Commons Elmhurst Park District	Ted Sward 708-354-5782	Suburban Serendipity Loop ride E-S-W-N. Snacks at Wild Oats in Hinsdale. York Commons is located 3/10 of a mile South of Vallette on York Rd. (stop sign) on the East side. Enter on Cayuga St.
Wed., Aug 14	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., Aug 14	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., Aug 16	12 Noon	19 or 36 miles your own pace	Super 8 Motel	Mary Moroney 630-629-1812	SWEBCO 2002 "Southern Wisconsin Elmhurst Bike Club Overnight" has been a tradition for many years. All rides are at your own pace along quiet country roads with gently rolling hills. See article in the July newsletter, or call Mary Moroney for all the details.
Sat., Aug 17	8:00 AM	15,30,45,60 miles your own pace	Super 8 Motel Whitewater, WI		
Sun., Aug 18	9:00 AM	24,31,42 mile your own pace	General Store LaGrange, WI		
Sat., Aug 17	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., Aug 17	9:30 AM	12 miles + option of more 10-12 mph	Call for start location	Judy Mikesell 630-833-1036	Skokie sculptures garden for short ride. Then over to the lake front we will ride until the group wants to turn back. Bring snacks & lunch or \$.
Sun., Aug 18	7:00 AM	65 miles 14-16 mph	Depot Elmhurst	Bob Innocenzi 708-848-3328	Old Dog Daze Doubles Route Carpool from the depot in Elmhurst to Engstrom Family Park in Batavia. Then ride the 65 mile route from the Oak Park Bicycle Club's "Old Dog Daze Doubles" invitational ride. Bring snacks and money for food. Call Bob for all the details.
Sun., Aug 18	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 18	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., Aug 20	9:30 AM	20 miles 8-10 mph	Meyers/Westmore and IPP Lombard	Walter Chlipala 630-832-9390	New Adventure Ride Principally a path ride. Bring snacks.
Wed., Aug 21	8:30 AM	45 miles 12-14 mph	Linne Woods FP Morton Grove, IL	Jerry Radek 847-673-8159	Long Grove Ride Ride to Long Grove to checkout the quaint shops and eat lunch at one of the restaurants. Take I-294 N. to Dempster and exit East. Go approximately 4 miles to Lehigh Ave., cross RR tracks & turn left into Linne Woods FP across from McDonald's. Joint ride with Evanston Bike Club.
Wed., Aug 21	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., Aug 21	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., Aug 23	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., Aug 24	8:00 AM	64 miles 10-12 mph	Villa Park Depot Villa Park	Walter Chlipala 630-832-9390	Ride to Aurora to join up with Judy Mikesell's ride. Total distance 64 miles (44 miles plus Judy's 20 miles).
Sat., Aug 24	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., Aug 24	10:00 AM	20 miles 10-12 mph	Illinois St. Aurora	Judy Mikesell 630-833-1036	Ride to Funway park for a game of "Water Wars" or "Bumper Boats". Great way to end your summer. Something for everyone – come join the fun. Bring snacks and \$. The start location is at the Fox River and Illinois St. in Aurora. The Park Dist. parking lot is located off of Illinois St. on the West side of the river and East of Rt. 31 on the South side. This ride is cancelled if raining.
Sun., Aug 25	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., Aug 25	12 Noon	2 – 2.5 hr. Avg. speed 16+ mph	Madison Meadows Park Lombard	Marty Kotecki 630-630-620-6434	EBC's 25th Anniversary Party/Picnic. Rides and lots of Great Food. The Madison Meadows Park is located in the 700 block of East Madison St., Lombard. The parking lot is approximately 2 to 3 blocks West of Westmore Ave.
	12 Noon	20-25 miles 12-14 mph		Janet Koludrovic 630-964-5126	
	1:00 PM	10-15 miles 10-12 mph		Mary Moroney 630-629-1812	
	3:00 PM	Food Served		Betty Bond 630-932-0271	
Tues., Aug 27	9:00 AM	17 miles 8-10 mph	Gazebo Glen Ellyn	Ted Sward 708-354-5782	New Adventure Ride 1/2 of String of Pearls. Snack stop at Panera Bread in Danada.
Wed., Aug 28	9:00 AM	55 miles 12-14 mph	Herrick Lake FP Butterfield Rd. entrance	Lou Fish 630-668-3446	Ride to Campton Hills. There are some hills. Riding mostly roads. Stop at Colonial Ice Cream in St. Charles.
Wed., Aug 28	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., Aug 28	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., Aug 31	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.

Chicago Area Transportation Plan— Bicyclist Input Needed

Hello fellow EBCers;

The following is a message from Ed Barsotti of the League Of Illinois Bicyclists. There is a meeting on August 12 from 7-9 pm at the College of DuPage. Please put on your calendars and see if you can attend. Here is a way for you to get involved and have some impact on the future of bicycling in our area.

Thank you—**Laura Sanborn Kuhlman**

Dear bicyclists;

The Chicago Area Transportation Study (CATS) is conducting the region's long range transportation plan, named (ironically enough) "Shared Path 2030".

This plan is used to guide spending of billions of transportation dollars. In their first set of public meetings, CATS will present and seek input on their draft goals and transportation proposals, and ask for ideas on specific proposals, policies, and strategies.

Typically, not too many people attend these meetings, so attendance and public comments by bicyclists will have an impact on the plan. I encourage you to attend one of these with a couple of your bicycling friends. More meeting details at www.catsmpo.com

July 31, 7-9:30 - South Holland Community Center
August 1, 7-9:30 - Beth Ann Cultural Center, Chicago
August 5, 7-9:30 - College of Lake County, Grayslake
August 8, 7-9:30 - McHenry County Comm. College, Crystal Lake
August 12, 7-9:30 - College of DuPage, Glen Ellyn
August 14, 7-9:30 - Chicago State University, Chicago

Ed Barsotti, Executive Director
League of Illinois Bicyclists
2935 Barberry Ct., Aurora, IL 60504
630-978-0583, phone and fax
ed@bikelib.org
www.bikelib.org

Safety and Such

1. Safety—Turning Traffic Conflicts

When riding on sidewalks be very cautious passing drive-ways. Traffic is supposed to stop before crossing sidewalks—but it rarely does. Particularly dangerous are drivers making a right turn into traffic. Most of the time they are looking for traffic from the left and perceive no conflict from their right. If no traffic is seen from the left they turn right and never see a biker or pedestrian. If you are entering that area —BINGO! You are either hit by the car or you hit the side of the car. (we had a recent occurrence of this.)

Be alert for cars coming from behind you which intend to turn right in front of you. Don't assume they are going to go straight because their turn signals are not flashing. We have had several injuries due to this over the years. They also misjudge your speed and fell they are giving you plenty of room.

More on Hydration—Last month we covered how to stay hydrated. Now lets look at WHY you need to take in adequate fluids. As you perspire you are losing fluids. This causes your blood to thicken. In turn your heart must work harder to circulate your blood. All your organs do not work at full capacity (liver, kidneys, lungs, etc. Also, the red corpuscles have difficulty transferring oxygen to the muscles. This can reduce your physical performance by as much as 25%. You will feel extremely fatigued which may lead to what we call heat exhaustion—**SO KEEP YOUR FLUID INTAKE HIGH IN WARM WEATHER!**

2. And Such—Gear Management

Modern shifting devices make riding much easier for us, but many riders don't take full advantage due to their inability to shift correctly. When changing gears there must be NO TENSION on the chain but the pedals must be turning and at a fairly good RPM or cadence. Make your shift in advance of your needs. Look ahead at the road and determine how much shifting you anticipate. If there is a steep hill, shift into your small chainring while you have 3 to 4 larger cogs (rear gears) available. The small cogs change much quicker than the larger chain rings (in front). Some riders don't use their small chainring except in panic situations. They slow down until they are barely turning the pedals—they have great tension on the chain (pressure on the pedals)—then try to shift both front and rear derailleurs at the same time. This is when you hear the noise like a Model 'A' getting its transmission torn out. Also—nothing shifts and you stop dead on the hill.

Use your small chainring as a working gear, not a last resort bail out. ANTICIPATE YOUR GEARING NEEDS—PLAN AHEAD!

—**Ted Sward 708 354-5702**

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.

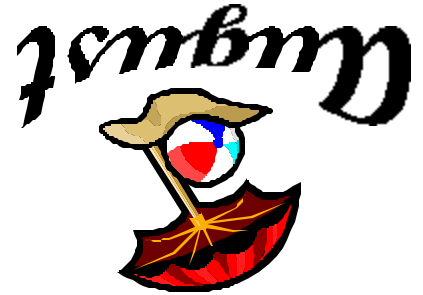
The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate In club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and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

Wizard Pre Ride

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 !!

I want to extend to **Vicki Ortega** my thanks for a super well done job Saturday. Thank you so much **Vicki** for the **COLD** wash cloths!! Thank you for spending your whole day driving around Kendall County handing out cold water, snacks and picking up a few heat weary riders. No one could have done a better job. :)

Thanks to **Marge Ricke** for her unselfish support and assistance to the EBC and the Wizard Ride. I want to extend my appreciation to you for making it possible for me to ride the 68 mile course. Without your assistance I would have spent Saturday in a cool air conditioned apartment reading about computers! I would have missed the 98 deg F weather, sagging with Vicki and following **John** around Kendall County.

Thank you **John** for leading the 68 mile circuit. You did a great job Saturday.

Petra Lynn Hofmann
Co-Chairperson, Metro Metric

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