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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

September 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!

August 25th Declared EBC Day!



Although Elmhurst Mayor Marcucci was unable to attend our anniversary party due to a previous engagement, he proclaimed August 25, 2002 as "Elmhurst Bicycle Club Day" in celebration of our 25th year. The official certificate was on display at the party. **1977 to 2002** and EBC is stronger, bigger, and better than ever!!!

MANY THANKS



EBC wants to thank the wonderful managers and their companies for the donations we received for our Metro Metric-Wizard Ride 2002. These great people gave from the goodness of their hearts and I would like to acknowledge them.

Thanks, Jason of Einstein Brothers at 443 Main in Glen Ellyn. Not only did he give us all the bagels he had on hand, but baked more just for EBC while I waited to be sure we had enough.

Thanks, Sam of Great American Bagel at 561 Roosevelt in Glen Ellyn. Sam gave us all the bagels he had on hand and invited us back the next day for more. If any of you members are in the area of these stores, stop in, say hi, and make a purchase.

Our thanks too, to Wanda of San Filippo's in Elk Grove Village. This is the second year she has donated those delicious honey roasted peanuts the riders seem to love. The economics of these times makes it difficult for companies to donate as they might have in the past. We realize that. The success of our ride is due in part to the above businesses and we are grateful.—Submitted by **Betty Bond**



EBC Member John Erikson tears it up on a recumbent during Wizard Ride 2002!

Making a Good Ride Better!

A Metro Metric Committee and Planning Meeting is scheduled for Sunday Sept 8th at 4 PM. Location to be announced. This meeting is open to all EBC members. The first half of the meeting will be reports from the various committee chairs and their recommendations for next year. The second half will be to discuss and plan changes to the ride location and route. We hope to have a good turnout to listen to experienced riders' recommendations and suggestions for a new ride route, etc. We really need input from all members before making any changes.—**Petra Lynn Hofmann** email petralyn@chicagonet.net

New Spokes on the Wheel
Complied by Database Manager
Mary Moroney

TRACY GAINER
ITASCA

DALE W. & KATHLEEN M. MILLER
GLEN ELLYN
dalemzi@msn.com

DIANE NOWAK
ORLAND PARK

NANCY J. RUTA
DARIEN

MICHAEL WINTERHACK
ELMHURST
mwinterhack@ameritech.net

We're growing every month!

Type	Memberships	Members
Family	78	188
Individual	<u>170</u>	<u>170</u>
Total	248	358

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

September Meeting
Thursday, September 12th, 7:00 PM
At
Community Bank of Elmhurst

—Program—
Program information was not available at press time.

Upcoming Programs

October — Deborah Fagan " Bike Trails in DuPage County".
November — Open
December — Holiday Party.

Collating Party

Friday, September 27th 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 October Ride Schedule is September 14th, the second Saturday of September. 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, Sep-



tember 16th.
Send items to:
Larry Gitchell
315 E. Palmer Ave.
Northlake, IL 60164-1843
Phone: **708-409-0105** or **708-421-0120** (both lines have voicemail)
Email: LarsofMars@aol.com

Safety and Such

1. Safety—Road Conditions

Your front wheel is the ONLY really important component of your bicycle. This wheel, its ability to turn, and its CONTINUOUS contact with the ground allows you to balance on two wheels. The back wheel provides motive power but otherwise just goes along for the ride. Not so with the front wheel which is constantly in motion allowing you to maintain your balance. ANYTHING that impairs this motion will place you in harms way and produce a fall. Therefore you should always be aware of what you're exposing your front wheel to. PROTECT IT AT ALL COSTS.

Roads and trails generally provide good riding surfaces in our area, so much that we are lulled into a sense of false security. Here are some hazards that can sneak up on you:

Paved Roads:

1. Unlevel surfaces where concrete gutters are sometimes at different levels than the roadway.
2. Sewer covers with grate openings parallel with you direction of travel.
3. Potholes whose major axis is parallel with your direction of travel or just big potholes.
4. Objects in the roadway—sticks, a large stone, a piece of debris from a vehicle, an oily slick spot, or in fall and winter a small frozen puddle of water.
5. The roadway becoming slick after a recent rain due to products of combustion that have not yet washed from the road surface.
6. Irregular shoulders which suddenly appear I.e. broken pieces of asphalt, concrete, etc.
7. Elevated tar lines, especially when wet.
8. Railroad crossings—rails can be extremely slippery especially when wet. ALWAYS CROSS AT RIGHT ANGLES.
9. Unexpected loose gravel.

Unpaved Roads and Trails:

Again—to maintain your balance your front wheel must make constant and firm contact with the ground. On un-paved roads and trails the riding surface is not firm and can change with little or no warning. Bikes with narrow high-pressure tires are much more difficult to control under 'off-road' conditions.

If you have more than one bike—use the one with the widest tires and inflate them toward the lower range indicated on the sidewalls. This gives you the maximum tire contact with the ground and allows the greatest control. This will increase the rolling friction but will also increase your safety and comfort. Anytime you ride off road you must be very attentive to changing conditions.

THE CRUX—KNOW WHERE YOU ARE PLACING YOUR FRONT WHEEL AND ANTICIPATE THE RESULTS.

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.

2. And Such—Climbing

Now that the riding season is well along you should be in excellent physical condition—so let's take advantage of this fact as we confront the bane of all riders—"THE HILLS"

Climbing is mainly a fight with gravity so anything that can reduce weight from the equation is a plus—lighter bike, lighter rider, less baggage, etc. A reduction in rolling friction is a plus—narrower tires ridden at maximum allowable pressure. But—we are normally locked into our present bikes and accessories and our body types.

So lets examine our techniques. First assess the hill and form a plan to negotiate it—what gears will you use and where on the hill will you use them. Begin the climb in a lower gear than you need and spin lightly. Your muscles will be spared for the harder work ahead. Always maintain a good cadence.

As the effort increases and your first gear change point is reached—shift into the next higher gear, not lower. Immediately rise from your saddle and stand, back straight, directly over your pedals. If you cadence is too fast this is quickly tiring—the same if the cadence is too slow. In between is a "sweet" spot that is actually relaxing.

When you tire of this position sit down and immediately shift to one or two lower gears. With practice you can ride 1/4 mile or more in the standing position.

Note for those with STI shifters — you can downshift two gears with one motion of your right brake lever by moving all the way to the left—4 cogs with just 2 motions!

When you have finally used all the gears and are exhausted—revert to "DWIT" mode. Do Whatever It Takes—This may include walking.

Ted Sward 708-354-5782

Midnight Moonlight Crystal Lake Ride



On July 26th at 6:00PM two brave riders left Elmhurst to tackle heat, bugs, darkness and a dusty Prairie Path for the reward of pancakes at the I-HOP in Crystal Lake. We met two non club riders in Wheaton and made great time out to the Fox River trail and on into Crystal Lake. It was a dark ride home (clouds covered our full moon!) but our batteries on the lights held out for a safe ride. Next year I'm thinking of doing this ride in June on a Saturday and leaving a bit earlier. Getting home at 2:30AM was a little late for an old guy like me! —**Jim (Recumbent) Gross**

APPLE CIDER PRE-RIDE

11 AM Saturday, September 28 2002

25 mile - easy pace (10 to 14 mph) Starting from the Three Oaks (Michigan) High School - 11:00 AM CHICAGO TIME!!! You must be registered for the Apple Cider Century in order to park at the high school. The route is a circle and will go to the St Julian's winery first, to pick up riders who are NOT registered. Upon returning to the school, two "Soos" (that's **Solberg & Kilgore**) will provide a rest stop (from there it is five miles back to the winery). Also planned for the weekend is a BYOM (M=meat) for grilling & something to share for a cookout dinner at the school campground. Take I-94 EAST to Exit 6 in Michigan (for winery or school). That's just 6 miles inside Michigan, and just under 100 miles from Elmhurst.

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.

September 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., 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.
Sun., Aug 25	12 Noon 12 Noon 1:00 PM 3:00 PM	2 – 2.5 hr. Avg. speed 16+ mph 20-25 miles 12-14 mph 10-15 miles 10-12 mph Food Served	Madison Meadows Park Lombard	Marty Kotecki 630-630-620-6434 Janet Koludrovic 630-964-5126 Mary Moroney 630-629-1812 Betty Bond 630-932-0271	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.
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.
Sun., Sept 1	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., Sept 1	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., Sept 2	6:30 AM	100 miles 10-12 mph	Villa Park Depot Villa Park	Walter Chlipala 630-832-9390	A Century Loop All riders to bring snacks and lunch (No restaurant stops).
Mon., Sept 2	6:30 AM	50 miles 10-12 mph	Villa Park Depot Villa Park	Mary Moroney 630-629-1812	Ride along with Walt again Ride along with the 100 milers until Batavia, returning to the start via Fermilab, IPP, and roads. Bring snacks.
Mon., Sept 2	8:00 AM	30 miles 13-15 mph	Country Lanes Bowling Alley New Lenox	Janet Koludrovic 630-964-5126	Ride to Elwood Country Lanes Bowling Alley is located at Nelson & Laraway in New Lenox.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Sept. 4	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., Sept. 4	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., Sept 7	7:00 AM	38 miles 14-16 mph	Depot Elmhurst	Larry Gitchell 708-409-0105	American Science & Surplus Chicago Ride Seek out incredible stuff at unbelievable prices. Ride will be pavement except for brief portages between non-connected roads. Some areas may have traffic congestion. Bring a substantial lock, money, and the means to carry your loot home. Pavement quality not guaranteed.
Sat., Sept 7	8:00 AM	65-70 miles 16-18 mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Ride to LeRoy Oaks FP. Bring money for snacks.
Sat., Sept 7	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., Sept 8	8:00 AM	35 miles 12-14 mph	Beecher Center Yorkville	Janet Koludrovic 630-964-5126	Ride to Big Rock
Sun., Sept 8	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., Sept 8	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Tues., Sept 10	7:00 PM	Board Meeting	Bob Sack's House Oak Brook	Bob Sack 630-323-5711	Monthly Board Meeting
Wed., Sept 11	9:30 AM	Determined by Riders That Show	Spring Rock Park Western Springs	Determined by Riders That Show	A Ride Leader, Distance, & Pace will be determined by the riders that show.
Wed., Sept 11	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., Sept 11	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., Sept. 12	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., Sept 13	9:30 AM	75 miles	Elgin Casino	Freda Diebold 847-891-6010	Three day Lake Geneva self-contained bike tour.
Fri., Sept 13	6:00 PM	1 hour ride 8-10 mph	Villa Park Depot	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., Sept 14	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., Sept. 15	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., Sept. 15	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Wed., Sept 18	9:00 AM	35-40 miles 12-14 mph	Buffalo Woods Willow Springs	Chuck Ziemer 630-323-8083	Ride City Streets through close-in southwestern suburbs to the Beverly Hills neighborhood on the Southwest side of Chicago. Lunch at Java Express in Chicago (or bring your own). Buffalo Woods parking lot is located on the North side of 87 th Street about 1/4 mile East of LaGrange Road.
Wed., Sept 18	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., Sept 18	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., Sept 21 thru Sat., Sept 28				Lou Fish 630-668-3446 Janet Koludrovic 630-964-5126	Erie Canal Excursion Bike the Erie Canal and towpaths from Buffalo to Albany, NY. See article in the newsletter or call for more information.
Sat., Sept 21	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., Sept 22	6:00 AM 8:30 AM 11:00 AM 1:30 PM	31,62,93,124 miles 16-18 mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	4 Leaf Clover 200K This ride will be four different 30-32 mile rides and you can do any or all of them. Dave will be buying dinner for any who ride all 4 loops with him.
Sun., Sept 22	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Wed., Sept 25	9:30 AM	42 miles 10-12 mph	Busse Woods FP Elk Grove	Ed Curtin 847-981-1677	Ride to Alemar's for lunch
Wed., Sept 25	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., Sept 25	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., Sept 27	9:30 AM	40 miles 12-14 mph	Diebold's House Schaumburg	Freda Diebold 847-891-6010	Create A Cue Sheet Ride (to the Kuhlman's)
Sat., Sept 28	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., Sept 28	9:30 AM	70 miles 10-15 mph	Diebold's House Schaumburg	Freda Diebold 847-891-6010	Create A Cue Sheet Ride (around O'Hare)
Sat., Sept 28	11:00 AM Chicago Time!!!	25 miles 10-14 mph	The Three Oaks, Michigan HS	Susan Kilgore 630-515-1865	APPLE CIDER PRE-RIDE You must be registered for the Apple Cider Century in order to park at the high school. The route is a circle and will go to the St. Julian's winery first, to pick up riders who are NOT registered. Upon returning to the school, two "Soos" (that's Solberg & Kilgore) will provide a rest stop (from there it is five miles back to the winery). Also planned for the weekend is a BYOM (M=meat) for grilling & something to share for a cookout dinner at the school campground. Take I-94 EAST to Exit 6 in Michigan (for winery or school). That's just 6 miles inside Michigan, and just under 100 miles from Elmhurst
Sun., Sept. 29	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., Sept. 29	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Wed., Oct 2	8:30 AM	65 miles 12-14 mph	Herrick Lake FP Butterfield Rd. entrance	Lou Fish 630-668-3446	Road ride to Sandwich for a sandwich. Eat at Golden Coins Restaurant.
Fri., Oct 4 thru Sun., Oct 6			New Lisbon, WI	Petra Hofmann 630-833-1667	Fall Color Peddle and Paddle WI.
Sat., Oct 5	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., Oct 6	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., Oct 6	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Tues., Oct 8	7:00 PM	Board Meeting	Bob Sack's House Oak Brook	Bob Sack 630-323-5711	Monthly Board Meeting
Wed., Oct 9	9:00 AM	52 miles 11-14 mph	Townline Rd. Vernon Hills, IL	Jerry Radek 847-673-8159	Des Plaines River Trail Ride Ride the unpaved curvy Des Plaines River Trail through scenic woods and wetlands. Bring lunch, snacks, and water. Road bikes OK. Go N. on I-294. Exit W. on Rt. 60 (Townline Rd.) to 1/4 miles E. of Rt.21 (Milwaukee Rd.) to parking lot marked as a canoe launch on the S. side of Rt. 60, immediately W. of the Des Plaines River. Joint ride with Evanston Bike Club

County Website Update

DuPage County has added new venues of information to its Website, one of them being the county's bikeways and trails.

In Bikeways and trails the site gives an overview of existing and proposed trails for biking and hiking in DuPage County. The site details the rules to follow while using trail systems and updates viewers on new ideas and proposals for the county's trail systems. Take a look...www.dupageco.org—Submitted by **Joanne DeZur**

"Beer View" Cyclist's Mirror



Several of your club members commented on the mirror on my sunglasses during the Yorkville [Wizard Ride-ed.] ride a couple weeks ago. They wanted to know where to get one.

I had a Harp's bottle cap with a mirror inside attached to my sunglasses with a small wire. Great for road rides as you don't have to turn around to see what's coming and you can be the first in your group to yell "car back"! You can use any bottle cap you want; beer, pop, etc. Cost: approximately \$10.

To order contact:
Richard Bird
26 Spinnaker
Irvine, CA 92614
(949) 551-6353

I ordered my Beer View Mirror about 5 years ago, so the address may have changed. My suggestion is to phone first. Good luck!
—Submitted by Cathleen Tobin (Wizard Ride participant)

Lead On!

On Saturday August 10, 2002, ten EBC members attended a Ride Leader Workshop conducted by **Ted Sward** and **Ed Curtin** at the Elmhurst Community Bank meeting room. The workshop material covered *Pre-ride* - How to sign up to lead a ride; how to choose a route for the ride; how to choose a start location; the importance of checking the route before the ride; and other pre-ride responsibilities. *Day of the Ride* - How to sign in riders; Give a ride briefing; How to assess the riders for potential problems; How many rest stops the ride should have; What makes a good rest stop; How to handle unusually large groups; Riding safety and other day of the ride responsibilities. *Post Ride* - Account for all riders; How to turn in the Ride Sheet and get credit toward a ride leader jersey. Through out the workshop there was very lively participation by everyone in attendance. Eight of the ten participants are active Ride Leaders, so there was a lot of real life "Ride Leader" situations brought into the discussions. All of the experienced Ride Leaders felt they learned something new to add to their Ride Leader skills.
—Submitted by **Ed Curtin**

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

Directions to ride starting locations

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



www.elmhurstbicycling.org

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

Wisconsin Fall Pedal and Paddle Weekend

Hi Everyone,

Good news! I've blocked 7 doubles with the Travelodge, New Lisbon, WI for the weekend of Friday, October 4, 5 and leaving on the 6th. I've requested 1st floor, non-smoking rooms. If you are interested but need a roommate let me know. I will try and coordinate who needs what, etc. Contact the Travelodge—New Lisbon, Linda Eddy, Manager at 608-562-5141 to confirm your reservation. Make sure you mention the Elmhurst Bicycle Club event. Take Interstate 90-94 past Madison and the Dells to New Lisbon exit, turn right then first left. Takes about 3.5 hours driving.

The plan for this weekend is: Arrive and check-in on Friday, anytime. We'll arrange for a short ride Friday afternoon. Friday evening dinner and **Sharon Ganske's** presentation on canoeing and water safety.

Saturday, early rise, breakfast at motel or on the way, TBD. Drive to Ontario, WI. First will be to drop bicycles and cookout stuff at the canoe pull out in Wildcat Mountain State Park. Then drive to Titanic Canoe Rental in Ontario, rent canoe and/or kayaks as you desire and canoe the Kickapoo River. The trip will take approximately 3 hours. At the pull out we'll then have a cookout and bike down Wildcat Mountain to Ontario and our cars. The bike ride back is mostly down hill, too. **Sharon** will lead the canoe while I watch the bikes, food and start the cooking fire. After dinner re-live the day in the motel lounge.

On Sunday morning we'll have a choice of several different trails to ride. They are: The Elroy-Sparta, 34 mi one-way; The "400" , 22 mi one-way (from Elroy to Reedsburg); The LaCrosse River Trail, 21 mi one-way, Sparta-LaCrosse; The Great River State Trail, 24 mi, one-way, LaCrosse to Marshland. You can decide once you are there how you wish to ride the trails. That is one-way or round trip. Note: that if you end your ride in Elroy you'll be able to use some very nice showers before driving back to Chicago.

On Sunday we could all drive to Sparta and use a van service to drop riders at the end of the trail of your choice. Not very expensive. I'll try to make advanced arrangements once I have an idea of everyone's desires.

I will be keeping a separate mailing list of those planning to go on this trip. So be sure to email me with your interest and questions.—**Petra Lynn Hofmann** petralyn@chicagonet.net