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Treasurer
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630-323-8083
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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
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Cue Sheet

October 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!

25th Anniversary Party



EBC President **Bob Sack** welcomes members to the 25th Anniversary Party at Madison Meadows in Lombard. More pictures on pages 3 and 8. All photos by Jerry Fish.

Notice to all members:

The Executive Board has proposed changes to the club Constitution and By-laws. These changes are detailed on pages 5 and 6. Please take a few minutes to read through these changes. They will be presented to the membership at the next meeting and a vote will be taken at the November meeting.

New Spokes on the Wheel

Complied by Database Manager

Mary Moroney

DEE DIEBOLD

WHEATON

GINGER, ERIN, JAMES & MITCH DORAN

GLEN ELLYN

EDITH M. MORAN

DARIEN

edith.moran@worldnet.att.

ROLAND PORTER

HINSDALE

We're growing every month!

Type	Memberships	Members
Family	79	192
Individual	<u>173</u>	<u>173</u>
Total	252	365

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

October Meeting

Thursday, October 10th, 7:00 PM

At

Community Bank of Elmhurst

—Program—

Deborah Fagan " Bike Trails in DuPage County".

Upcoming Programs

November — Open

December — Holiday Party.

Collating Party

Friday, October 25th 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 November Ride Schedule is October 12th, the second Saturday of October. 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 November Cue Sheet is Monday, Octo-



ber 14th.

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

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

Halloween Party

Sunday, October 27, 2002

Halloween is just around the corner. Time to start working on costumes for you and your bike. Costumes are optional but what a wonderful parade of scary spooks we are (Make sure your costumes are BIKER FRIENDLY). There will be two rides - a short one for the little ghosts and goblins, which will start at 12:00 noon and one approximately 25 miles for the larger spooks, which will start at 10:30 AM.



The ghoulish event will be at **Marge Ricke's** spook house, 16W701 Red Oak in Bensenville. There will be "Tricks & Treats" following the rides. I will need volunteers to bring treats. I will have a sign-up sheet for side dishes, desserts and beverages. Please see me at the October meeting or call **630-616-8481** (H) or **630-543-8607** (W) if you will be bringing something.

More photos of Club activities can be found on the website at: www.elmhurstbicycling.org, along with lots of other useful information!

Metro Metric Route and Relocation Committees

There are two Wizard Ride route planning committees looking for member input. **Marge Ricke's** '03 route planning committee is seeking a new route in Kendall County. Contact **Marge** at **630-616-8481** or mricke@securitymolding.com.

Mike Tenzinger's committee is looking at a new venue and route for the '04 event. Some possibilities that have been aired include the DeKalb—Sycamore area, and the Kankakee area. Contact **Mike** at **630-653-4555**

Thanks, Betty!!



25th Anniversary Party Organizer **Betty Bond** (left) gets a well-deserved hug from member **Susan Solberg**.

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.

October 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., Sept 28	CANCELLED	CANCELLED	CANCELLED	Freda Diebold 847-891-6010	CANCELLED
Sat., Sept 28	11:00 AM Chicago Time!!!	25 miles 10-14 mph	The Three Oaks, MI 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., Sep. 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., Sep. 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.
Wed., Oct 2	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., Oct 2	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., Oct 4 thru Sun., Oct 6	See newsletter article	See newsletter article	New Lisbon, WI	Petra Hofmann 630-833-1667	Pedal and Paddle See the article in the October Cue Sheet for full details.
Sat., Oct 5	7:00 AM 9:00 AM	110-115 miles 15+ mph 63 miles 15+ mph	Big Apple Bagels Elmhurst LeRoy Oaks FP St. Charles	Dave Polkow 630-832-8131 Ray Dal Lago 630-543-4655	De Ride to DeKalb A ride from Elmhurst to DeKalb. Start with Dave Polkow in Elmhurst and ride to Leroy Oaks FP to meet the riders starting at LeRoy Oaks. Ride to DeKalb for lunch. The ride will be on roads with light traffic. Bring snacks and/or lunch. Lunch stop will be at a deli in DeKalb where sandwiches can be purchased.
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.
Mon., Oct 7	7:00 PM	Board Meeting	Bob Sack's House Oak Brook	Bob Sack 630-323-5711	Monthly Board Meeting
Tues., Oct 8	9:30 AM	18-20 miles 8-10 mph	KLM Park Hinsdale	John Jacus 630-323-8668	New Adventure Ride Hins-Ridge ride along I-290. KLM Park is located at 60 th & S. County Line Road in Hinsdale.
Wed., Oct 9	9:00 AM	52 miles 11-14 mph	Town Line 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 (Town Line Rd.) to 1/4 miles E. of Route 21 (Milwaukee Road) 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.

CONSTITUTION AND BY-LAWS

(NOTE - Underscored wording is new and wording with ~~strike through~~ is deleted.)

ARTICLE I - NAME: The name of this organization shall be the Elmhurst Bicycle Club, Inc., a not-for-profit organization.

ARTICLE II - PURPOSE: The purpose of this organization is to promote interest in safe bicycling in all of its phases.

ARTICLE III - MEMBERSHIP DUES

Section 1 - Memberships: Subject to the following two paragraphs, membership in the Elmhurst Bicycle Club is open to anyone interested in bicycling.

1. Anyone 18 years of age or older is eligible for individual membership. An individual membership is entitled to one vote.
2. A family membership is available to all adult and youth members of a family under 18 years of age. A family membership is entitled to two votes, if two or more family members are present.
3. The Club reserves the right to cancel any membership at any time for conduct detrimental to the image of the Club or of the Elmhurst Park District; for continual failure to observe the Rules of the Road: for compromising the safety of either himself or his the member or fellow riders; or for failure to maintain his equipment in a safe and road-worthy condition. Cancellation will be by a simple majority vote of a quorum of the Executive Board. The vote of the Board would to be ratified by a 2/3 majority of the voting members present at the next regular Club meeting. The canceled members dues for the canceled membership will be refunded on a pro rata basis.

- Section 2 - DUES:** 1. The Executive Board will establish a dues rate for individual and family memberships.
2. Renewal dues shall be paid by December 31st for the next year's membership. Members must be current with their dues to be eligible to vote.
 3. The fiscal year will begin on January 1st and end on December 31st.
 4. Members who have paid dues and attended meetings prior to June, 1978 will be charter members.
 5. Dues from new members who pay between October 1st and December 31st will be applied to cover the balance of the current fiscal year and the following fiscal year.

Section 3 - Waiver. 1. At the time of membership application and before a membership is effective, and upon each annual renewal thereof, each member must sign a waiver in the form as is currently in use by the Club assuming full responsibility for any accident, damage, injury, or loss incurred at any Club sanctioned ride or activity. Before a membership will be effective, each member must have in effect, a waiver, in the form as is currently in use by the Club. A parent or guardian must sign a waiver for each child under the age of 18 years of age .

2. Individual Members under the age of 18 must be accompanied

by an adult member of the Club for all Club sanctioned activities.

ARTICLE IV - OFFICERS & DUTIES: The elected officers of this Club will be President, Vice President/Ride Captain, Secretary, Treasurer and Membership Coordinator.

Section 1 - Duties: 1. The President will be the presiding officer at all Club meetings and Executive Board meetings, and will be an ex-officio member of all committees, except the nominating committee.

2. The Vice President will preside at Club and Executive Board meetings in the absence of the President. The Vice President will also be the Ride Captain. The Ride Captain shall be responsible for the Club's ride schedule, award program and telephone hot line.

3. The Secretary will take minutes at Club and Executive Board meetings and conduct the necessary correspondence of the Club.

4. The Treasurer will prepare and keep all Club financial records and transactions, will give a financial report at each meeting and will prepare an annual financial report. Expenditures up to \$50 may be made by the Treasurer; amounts over \$50 must have the approval of the Board. All bills must be presented in writing. The Treasurer's records will be audited prior to the January meeting of the fiscal year as soon as practicable following the Treasurer's term of office or as otherwise determined by the Executive Board. The Treasurer may make expenditures of Club funds for regular and necessary expenses of the Club by reimbursing Club members for funds expended by the member on behalf of the Club or by paying vendors of goods, services or facilities to the Club directly. All such expenditures by the Club shall be supported by paid receipts, cancelled checks, invoices or other written evidence of the expenditure as approved by the Treasurer. All other expenditures of Club funds shall be as approved by the Executive Board.

5. The Membership Coordinator will collect and approve all membership dues applications, transmit all dues to the Treasurer, maintain a current membership directory, maintain membership waivers and provide a mailing list solely for use by the Club.

6. Any vacancies which may occur shall be filled by a majority vote of the Executive Board, and the person filling the vacancy shall hold the office until the next election of officers.

7. Any elected office may be held by two members.

8. One person may hold two or more offices, except President.

Section 2 - Executive Board: 1. The Executive Board shall consist of the five elected officers, the Metro Metric Invitational Chairperson and the Newsletter Editor. Any Officer or Chairperson not fulfilling his/her duty appropriately may be removed by a majority vote of the Executive Board, and a replacement to complete said term of office shall be appointed by the Executive Board. 2. The Invitational Chairperson shall be responsible for planning, directing and coordinating the Club's invitational ride. 3. The Newsletter Editor shall be responsible for preparing, editing and printing the Club Newsletter.

(Continued on page 6)

ARTICLE V - MEETINGS & QUORUM

Section 1 - Meetings: 1. The time and place of regular membership, Executive Board, and special meetings shall be determined by the Executive Board.

2. The following shall occur at regular membership meetings in an order determined by the ~~Executive Board~~ President: Call to Order; Secretary's Report; Treasurer's Report; Vice President/Ride Captain's Report; Newsletter Editor's Report, Membership Chairperson's Report, other Chairpersons' Reports; Announcements and General Business; Adjournment; and Program.

Section 2 - QUORUM: A Quorum for membership meetings shall consist of thirty voting members. A quorum for Executive Board meetings shall consist of four members. Action by the Executive Board may be by written or electronic means in lieu of a meeting; however, in such case action may only be taken upon the majority vote of the entire Executive Board.

ARTICLE VI - COMMITTEES

Section 1 - Standing Committees: Standing Committees will be Publicity, Safety, Social, Newsletter, Librarian, L.A.B. Representative, Advocacy, Program, Patch, CycleWear, Invitational, Database Manager, Historian, Route Librarian, Website, Newsletter Collating and List Server, and Special Events. With the consent of the member, Newsletter Editor and other committee chairpersons shall be appointed by the Executive Board.

Section 2. - Special Committees: Special committees may be established as needed by the President or Executive Board.

ARTICLE VII - ELECTIONS: Election of officers shall be held at the November Meeting for a one-year term. The nominating committee, appointed by the President, shall present a list of candidates for the offices to be filled at the October meeting. Additional nominations, with the nominee's approval, may be received from the floor up until the time of election. Election is by a majority of members present. All officers shall assume their positions on January 1st.

ARTICLE VII - AUTHORITY AND AMENDMENTS

Section 1 - Authority: The authority for all matters of procedure not covered by the Club's constitution shall be Robert's Rules of Order, Revised.

Section 2 - Amendments: These articles may be amended by a two-thirds vote of members present at a regular meeting, provided that the proposed changes have been presented at the previous regular meeting and also printed in the Club Newsletter immediately preceding the regular meeting at which the vote is to be taken.

ARTICLE VIII: The Club may be dissolved by the vote of two-thirds of the members present at a special meeting of the Club called especially for the purpose of dissolution of the Club on a date not less than thirty days after the call for such meeting is published in the Club Newsletter.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Oct 9	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., Oct 9	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., Oct. 10	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 Program: A presentation by Deborah Fagan on DuPage County Trail System
Fri., Oct 11	6:00 PM	1 hour ride	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., Oct 12	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., Oct 12	9:00 AM	53 miles 12-14 mph	Old Plank Trail Frankfort, IL	Betty Bond 630-932-0271	Ride the Old Plank Trail to the I&M Canal Trail to the KG-9 Tavern for Tasty Burgers. Directions: Take Hwy 45 South to the first street S. of US 30 and turn left and go to downtown Frankfort. There's a parking lot at the intersection of White St. & the Old Plank Trail.
Sun., Oct 13	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 13	10:00 AM	39 miles 13 mph	Gazebo Glen Ellyn	Jim Pospiech 630-640-0575	Scare Crow Ride Ride will be on trails & streets. Bring snacks or lunch.
Sun., Oct 13	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 15	9:00 AM	15-20 miles 8-10 mph	Waterfall Glen	Chuck Ziemer 630-323-8083	New Adventure Ride Ride the ultra smooth new pavement of the South Frontage Road up to the South Woodridge Bike Trail. Explore the new portions of the bike trail to see how the trail connects to the routes we have previously ridden. Snack stop in Woodridge.
Wed., Oct 16	9:00 AM	24-26 miles 10-12 mph	Virgil Gilman Trail- head	Joanne DeZur 630-833-7688	Ride the Virgil Gilman Trail. Directions: From I-88 go S. on Farnsworth (about 4 miles) to Fifth Ave. Then head W. (3/10 of a mile) to Hill Ave., S. another 3/10 of a mile to the trailhead just past Montgomery Rd. There's a large trucking depot across from the trailhead.
Wed., Oct 16	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., Oct 16	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., Oct 18	6:00 PM	16-18 mph 12-14 mph	Villa Park Depot	Jeanne Whiting 630-669-8863 Charlie Mikesell 630-833-1036	Fish Fry Ride – Mostly streets, lights required.
Sat., Oct 19	6:30 AM	100 miles 10-12 mph	Villa Park Depot	Joanne DeZur 630-833-7688 Walter Chilipala 630-832-9390	Slow Century An all path, 100 mile, ride on the IPP & Fox River Trail. The triangle from Villa Park to Aurora to Crystal Lake and back. A non-restaurant ride, so bring food and snacks.
Sat., Oct 19	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 20	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 20	10:30 AM	50+ miles 11-13 mph	Gazebo Glen Ellyn	Jeanne Whiting 630-669-8863	Ride to the Poplar Creek FP to check out the fall foliage and then head East to Rachel's Café in Schaumburg for lunch. The ride will be on roads and paved trails. Bring snacks (lunch is later into the ride) and money for lunch.
Sun., Oct 20	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 22	9:00 AM	15-20 miles 8-10 mph	Fullersburg Woods FP Spring Rd. parking lot.	Mary Jo Bolan 630-887-9652	New Adventure Ride Ride in Oak Brook, Hinsdale, Indian Park, and LaGrange. Stop at Caribou Coffee.
Wed., Oct 23	9:00 AM	25-30 miles 12-14 mph	Madison Meadow Park Wilson St. entrance	Betty Bond 630-932-0271	Ride to Herrick Lake and Panera Bread at Danada Square. Have lunch or a snack at Panera Bread or bring your own to enjoy.
Wed., Oct 23	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., Oct 23	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., Oct. 25	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., Oct 26	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 27	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 27	10:00 AM CST Clocks fall back today	39 miles 14 mph	LeRoy Oaks FP St. Charles	Jim Pospiech 630-640-0575	Pumpkin Ride Ride will be on Trails & streets. Bring money for snacks and lunch.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Oct 27	10:30 AM Noon 1-3 PM	Adult Ride 25 miles 10-12 mph Family Ride 8-10 miles Slow Party	Marge Rick's House 16W701 Red Oak Bensenville	Marge Ricke 630-616-8481 H 630-543-8607 W	Halloween Party Ride Come on out and enjoy some EBC Halloween Festivities. Costumes are optional. There'll be bike rides for adults and family. The party will follow the bike rides. For further details, read the article in the October newsletter. Directions to Marge's house. From the South, take Rte. 83 N. to Red Oak, which is the first street S. of Third Ave., turn right and go 2.5 blocks East. From the North, take Rte. 83 S. to Third Ave. Turn left onto Third Ave. and go one block to Briar Lane then turn right. Go to Red Oak and turn left.
Sun., Oct 27	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 30	9:00 AM	23 miles 11-13 mph	Depot Elmhurst	Gerry Fekete 708-352-0913	Ride To Four Cemeteries See some interesting sites such as the Bishop's Mausoleum, Big Al's grave, Showmen's Rest and Forest Home Cemetery's historical landmarks. We will stop at Burger King or bring snacks.
Wed., Oct 30	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., Oct 30	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., Nov 2	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., Nov 3.	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., Nov 6	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., Nov 6	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., Nov 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.

The Fourth Annual Upper Peninsula

Cross Country Ski Trip

February 2 - 7, 2003



You can cross-country, downhill, snowshoe, or any combination at the Western end of the Upper Peninsula of Michigan. An average snowfall of almost 200 inches transforms the area into a winter playground. The Indianhead Motel, which is where we stay, is centrally located from some of the best skiing in the Midwest. Hundreds of kilometers of cross-country trails, and five major downhill ski areas are only minutes away.

This is a fun, inexpensive trip. The Indianhead Motel Cross-country Ski Package is \$175.00 per person dbl. occupancy, and \$215.00 for a single. The Downhill package is slightly higher. The package includes:

- Five Nights Lodging
- Five Continental Breakfasts
- Five Dinners from Big Snow Country's Finest Supper Clubs. A \$10.00 Credit Per Meal
- Trail Passes

There's a wine & cheese party the first night (BYOB & snack to share). A cocktail party every evening before dinner. Hikes after dinner, and get together for games like scrabble and dominos.

Individuals will be responsible for making their own reservations with the Indianhead Motel, **1.906.932.2031**, and informing **Ed Curtin** when they are made. **Ed** will be **Information Central**. If you need any information about the trip, call **Ed** at **847.981.1677**. Interested? Call the Indianhead Motel early to insure you get a room, then call **Ed** and let him know you are going.



Membership chairperson **Ellen Johnson** proudly displays the certificate proclaiming August 25th, 2002 "Elmhurst Bicycle Club Day" in the City of Elmhurst.

Elmhurst **B**icycle Club
Traveling at the **S**peed of **F**un
-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

CHUCK PAVEL HELMETS FOR KIDS PROGRAM
 AND PROUD SPONSOR OF THE
 ADVENTURE CYCLING,
 RAILS TO TRAILS CONSERVANCY,
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 THE LEAGUE OF AMERICAN BICYCLISTS,
 AFFILIATED WITH THE CHICAGO AND BICYCLE FEDERATION,



www.elmhurstbicycling.org

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

Safety & Such

1. Safety—When you receive this newsletter the days will be rapidly shortening as fall approaches. This means that many of you will be riding under conditions of diminished visibility. The worst time is just before it is totally dark (or light for you early risers). At this time some automobile drivers have not turned on their headlights which makes it difficult for them to recognize bicyclists. It is therefore imperative for you to wear reflective or light colored clothing and make sure you have the mandatory reflectors front, rear, on wheels, and pedals.



One of the most effective devices are the flashing LED lights which are strikingly visible for long distances.

The highly visible warning triangles used on farm equipment are also recommended for both day and night use.

If you ride extensively at night a high quality headlight should be used. Make sure you turn it on early if you are riding on roads so motorists can see you in time to avoid a conflict.

When leaves begin to fall their accumulation on the riding surface can create a real hazard especially when they are wet.

The fall is a good time to check your bike over very carefully after a full summer riding season. It is easier to perform this work before the days become very short and temperatures begin to fall. Remember fall and early winter are great times to ride—BE READY FOR THEM AS YOU CONTINUE RIDING AT THE SPEED OF FUN.

2. And such—Trivia

When you get ready to discard an old inner tube, cut about a 2-foot section out of it and toss it into your 'junk' drawer. By cutting off narrow pieces you create excellent heavy duty rubber bands. By varying the width you can also vary their strength. If you can save tubes from Road, Hybrid, and Mountain Bikes you will have three different diameters to choose from. These are eminently useful for many tasks around the house.

You can make a compact first aid kit from an inexpensive hinged soap dish. There is room enough for all the basic essentials, a few of which are:

- Antiseptic wipes
- Adhesive Bandages
- 2 x 2 compresses
- Folding scissors
- Polysporin (antibiotic ointment)
- Moleskin (for hikers' blisters)
- Personal medications, etc.

Place this soap container in a Ziploc® bag to keep it from getting wet. If you would like to see a sample of one of these stop me on a ride sometime, as I always carry one.

Ted Sward 708-354-5782