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630 323-5711

judy8831@aol.com

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Chuck Ziemer

630-323-8083

cziemer2@earthlink.net

Membership

Ellen Johnson

630-595-4910

Eljohnson@household.com

Standing committees are people who volunteer their time and efforts. They are the people who make the many activities of EBC possible. They call upon you to get things done. **Say Yes!**

Metro Metric

Petra Hofmann

petralyn@chicagonet.net

and

Jeanne Whiting

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Cue Sheet

December 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!

Safety And Such

SAFETY—"The falling leaves drift by my window—these falling leaves of gold and brown"

So go the opening lines of my favorite "fall" song. However—These same falling leaves of gold and brown can cause a nostalgic bike rider to also fall down. Many trails become completely filled with leaves several inches deep. This makes staying in the center of the trail difficult. It also obscures the edges of the trail and fills pot holes so they appear level with the riding surface. In two cases recently riders have inadvertently drifted off the trail, causing one to fall and the other to almost fall. If you feel uncomfortable—**SLOW DOWN!** Leaves on the street should be respected similarly. YOU ALWAYS GO DOWN QUICKLY.

HORSES—Those of you who ride in the Palos area and on the beautiful Des Plaines River Trail often encounter equestrians (especially on weekends). There are procedures which should be observed anytime you are around animals. They do not like quick movements or surprises. When approaching a horse from the rear slow down (less than 5MPH) and call out to the rider well in advance—"There is a biker behind you." Continue talking as you approach so the horse knows you are coming and which side you are on. An appropriate comment might be "How would you like me to pass?" The riders always seem to appreciate this consideration. When approaching from the front again slow down—better yet, **STOP**—so the horse doesn't feel it is being challenged. Always be friendly to equestrians as they have an equal right to the trail and they are required to pay for this privilege by having to purchase a trail license. **SHARE THE TRAIL.**

AND SUCH—Dressing for cold weather: We have all become familiar with the term "layering". For the benefit of those new riders who are new to cold weather activities the term layering does not mean adding more and more garments. Each layer serves a specific purpose of which there are three.

1. Next to the skin layer.
2. Insulating layer.
3. Wind and/or waterproof shell.

Volumes could be written (pros and cons) about materials. I will try to summarize very briefly.

1. **NEXT TO SKIN:** This garment should fit snugly against the skin—not loose—so that moisture can be wicked away. Most of the materials are stretchy so you may want to wear a size smaller than usual. Many materials are available. Some of the most popular are polypropylene and many blends of polyester. There are myriad trade names.
2. **INSULATION:** The most popular are Fleece (Polartech, etc.) in 100-200-300 weight. (There are many variations available.) Goose down is extremely warm versus weight. Fleece and down vests allow greater freedom of movement.
3. **WIND AND/OR WATERPROOF SHELL:** Gore-tex and similar breathable waterproof materials seem to be most in favor. However, they are expensive. New microfiber (tight weave) synthetics are flooding the market and have a durable water repellent (DWR) finish which works very well except in severe conditions. These are less expensive.

Keep Riding and Stay Warm—**Ted Sward 708 354-5782**

New Spokes on the Wheel
Complied by Database Manager
Mary Moroney

We're growing every month!

Type	Memberships	Members
Family	80	195
Individual	<u>176</u>	<u>176</u>
Total	256	371

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

Statistics? You want Club Statistics?

99,309 miles as of November 17th
(2001 Total: 102,228)

The full list of member miles and club rides is too large to print in the Cue Sheet. Check them out by visiting the club website at www.elmhurstbicycling.com and clicking on member miles in the left-hand navigation bar.

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

November Meeting
Thursday, December 12th, 7:00 PM
At
Community Bank of Elmhurst
—Program—

Holiday Party

Upcoming Programs

Keep Watching this space....

Collating Party

Friday, December 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 January 2003 Ride Schedule is December 14th, the second Saturday of December. 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 January 2003 Cue Sheet is Monday, December 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



Zoo Lights!
Hike Lincoln Park Zoo
Saturday, December 14, 2002



Enjoy the holiday festival of lights at Lincoln Park Zoo (<http://www.lpzoo.com>), with dinner after at Café Brauer. Take the train (<http://metrarail.com>) then bus (<http://rtachicago.com>) to the zoo's front gate at Stockton & Webster.

Union Pacific West: #508 at 2:39 PM out of Elmhurst. Arrives NW station at 3:10 PM
Union Pacific NW: #646 at 2:00 PM out of Crystal Lake. Arrives NW station at 3:20 PM
Burlington: #1316 at 2:20 out of Aurora. Arrives Union station 3:40 PM

CTA Bus: #151 on Canal between Jackson & Adams at ~ 3:50 PM to the zoo.

Round trip train ticket: \$5.00. Bus: \$1.50 Zoo: \$8.00

Happy Holidays! **Linda Lauer: 630-682-5747, GOLINL@attbi.com**
(I will carry my cell phone: **630-842-1469** on the 14th. Call if lost or train delay)

Metro Metric Change

Due to new job requirements, **Petra Hofmann** has asked to be replaced as chairperson for the 2003 invitational ride. **Joanne Dezur** has volunteered to take **Petra's** place. **Joanne** will be contacting members soon about volunteering opportunities.—EBC Board.

Hike the Hills !

Saturday, December 28, 2002
10:00 AM

Hike 4 or more miles around Lake Defiance and Leatherleaf Bog at Moraine Hills State Park near McHenry. (<http://dnr.state.il.us/lands/Landmgmt/PARKS/R2/Morhills.htm>). After the hike, we'll drive to lunch at a quaint local café around 1PM (why hike if you can't eat??). Reservations have been made at historic O'Train's Eatery in Wauconda, a restored 1847 hotel. Please note: Pets allowed on leash.

Directions: IL Route 12 north to Route 176, West on Route 176 to River Road, North on River Road 2 miles to entrance.

Park at first lot on left: Kettle Woods.

Snow -you're on your own! Rain-cancels.

Info: **Linda golinl@attbi.com 630-682-5747**

Treasures Found?

Fall cleaning (only done when the weather is too bad to ride or hike), is a great time to find and possibly eliminate unneeded items from your home. If you come across any items belonging to the club please contact **Sharon Ganske**. She will be happy to pick up the items to get them out of your way or add the items to the club asset inventory if you want to keep them.—EBC Board

Greetings EBCer's,

A friend of the EBC, **Dave Lefever** was out for a bike ride on Sept. 13 from Davenport Iowa when he called his wife to tell her to pick him up because he had a bad headache and didn't think he could finish the ride. Dave rarely suffered headaches and by the time she arrived some users of the Riverfront Trail had already spotted Dave and called 911. Dave had suffered a brain bleed and spent the next 3 weeks in the hospital, two of them in Intensive Care. Dave is back home now and attending physical & occupational therapy classes. He is experiencing some difficulty with short term memory and has double vision in one eye.

Dave is a former President of the Quad City Bike Club (QCBC) and was/is a major force behind the QCBC's great TOMROV ride. Dave was gracious enough to put on a program for the EBC a couple of years ago to tell us about his business in which he puts on tours for bicyclists. He drove all the way from and back to Iowa that night in the heavy rain to talk to us for 45 minutes. Dave has also been a member of the EBC.

I know many EBCer's have been on Dave's tours and/or TOMROV and know what a nice guy Dave is and that he is a great advocate for bicycling. I'm sure he would appreciate a call or a card from those of you who know him. His address is 1735 Piccadilly Place Davenport, IA 52807 His phone #563-355-6476.

Please keep Dave in your thoughts & prayers.

Ride On,
Mike Incopero

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.

For sale: 53 cm Cannondale touring/cross bike. 6 speed index down tube shifting. Cantilever brakes, less than 100 miles on the frame and fork. \$200.00
Call **Ari @ 630-663-0571** (11/02)

For Sale: 4 XL Velo jerseys for sale at \$ 45 each. Also one heart rate monitor-cycling computer for \$49. Contact Sharon Ganske at 630-462-3734 (11/02)

For Sale: Klein Quantum Pro Bike, 1997 61cm (fits riders 6-1 to 6-3) yellow, with full 2001 Campy Record 10 speed group set. Rolf Vector Pro wheels and Continental GP 3000 tires, Syntace aerobars, no pedals. \$1800. **Rich Kuhlman, rkuhlman99@attbi.com or 630-462-5427** (12/02)

Think Tyvek Jacket!—For all of you that have seen other members with a EBC tyvek jacket and wanted one, here is your chance. We need a minimum order of 50 to start the ball rolling, and keep the price in the \$20 range. You may e-mail me directly at **Zippy928@hotmail.com** or call me at **630-462-3734**, where **Sharon Ganske** has been king enough to take messages for those with no e-mail. If the interest is there, I'll be happy to make it happen. I KNOW I WANT ONE !!! Hope you do too. **Bill Angevine** (12/02)

For Sale Yakima Roof rack. Has gutter mounts, two rails, one is fork mount the other would need a mount. \$100. If interested call **Zyg 708-344-9847** (12/02)

December 2002

ELMHURST BICYCLE CLUB CALENDAR

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., Nov 23	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., Nov 23	9:30 AM	Hike 1.5 hrs. 3 miles +/-	Churchill Woods FP St. Charles Rd. Glen Ellyn	Susan Kilgore 630-515-1865	LONG WALK on a SHORT TRAIL Optional breakfast before the hike meets at 8:15 AM at the Grove in Lombard on the northwest corner of St. Charles Rd. & Main St. Hikers meet at the Churchill Woods parking lot just west of the ranger's residence on St. Charles Rd.
Sun., Nov 24	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., Nov 24	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 27	6:30 PM	TBD 12-14 mph	Gazebo Glen Ellyn	Sharon Ganske 630-462-3734	Wednesday night Med. pace ride. Lights, front & rear, are recommended.
Wed., Nov 27	6:30 PM	TBD 16-18+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday night fast ride. A trail ride. Lights, front & rear, are recommended.
Thu., Nov 28	8:30 AM	35 miles 12-14 mph	Spring Road & IPP Elmhurst	Larry Gitchell 708-409-0105	Turkey Day Ride to Brookfield Zoo Work off the turkey in advance on our 4 th Annual Turkey Day ride to Brookfield Zoo. An all-pavement ride; bring a lock; SAG Wagon and snacks will be provided. Zoo admission is free. The ride will start from the parking lot North of the IPP on Spring Road in Elmhurst (just outside Stemple's Cycle Center).
Fri., Nov 29	10:00 AM	Hike 2 hours 4 miles±	Fullersburg FP Spring Road Oak Brook	Susan Kilgore 630-515-1865	ANNUAL EBC WADDLE – For all NON-Shoppers "Walk Away Dangerously Delicious Lingered Edibles". Who needs to shop the day after Thanksgiving? Enjoy the outdoors and maybe even sight a Woolly Mammoth. Cheeseburgers at the York Tavern have become a tradition.
Sat., Nov 30	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., Dec 1	9:30 AM	20-25 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	This will be a non-stop 90 minute ride. Leader will show up as long as the forecasted high temperature is at least 20 degrees. Call if you have any questions.
Sun., Dec 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.
Tues., Dec 3	9:30 AM	3 Hour Hike	Bemis Woods FP	Ted Sward 708-354-5782	Ted's Tours – Part 1 Meet at Bemis Woods to explore some of the interesting little used trails. Bemis Woods is located between I-294 (Tri-State) and Wolf Rd. on Ogden Ave. (Rt. 34) N. Side – Bring snacks.
Wed., Dec 4	6:30 PM	Determined by Riders that Show.	Gazebo Glen Ellyn, IL	Determined by Riders that Show.	Wednesday Night Medium Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Wed., Dec 4	6:30 PM	Determined by Riders that Show.	Gazebo Glen Ellyn, IL	Determined by Riders that Show.	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Sat., Dec 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 time of the event shown in the calendar above 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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Dec 7	9:30 AM	Hike 2 hrs 4 miles +/-	Green Valley FP 79 th Street Woodridge	Susan Kilgore 630-515-1865	HOW GREEN IS THE VALLEY HIKE Hike starts at the Thunderbird campground off 79 th street, west of Green Road. Optional breakfast before the hike at 8:15 AM at Grandma's in Lisle. On route 53, south of Maple Street, watch for BLOCKBUSTER .
Sun., Dec 8	9:30 AM	20-25 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	This will be a non-stop 90 minute ride. See 9:30 AM December 1 listing for further information.
Sun., Dec 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., Dec 10	9:30 AM	3 Hour Hike	Red Gate Woods FP	Ted Sward 708-354-5782	Ted's Tours – Part 2 Come and enjoy the back woods trails (some challenging) and visit the site of the worlds first nuclear reactor. Red Gate is 1 1/2 mi. E. of Rt. 83 on Archer Ave. (Rt. 171) on South side of road. Bring Snacks
Tues., Dec 10	7:00 PM	Board Meeting	Bob Sack's House Oak Brook	Bob Sack 630-323-5711	Monthly Board Meeting
Wed., Dec 11	6:30 PM	Determined by Riders that show	Gazebo Glen Ellyn, IL	Determined by Riders that show	Wednesday Night Medium Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Wed., Dec 11	6:30 PM	Determined by Riders that show	Gazebo Glen Ellyn, IL	Determined by Riders that show	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Thu., Dec 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 Holiday Party with Pizza and snacks.
Sat., Dec 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.
Sat., Dec 14	See Article on Page 3 for timetable	See Article on Page 3 for timetable	See Article on Page 3 for timetable	Linda Lauer: 630-682-5747 Cell Phone: 630-842-1469 GOLINL@attbi.com	Zoo Lights! Hike Lincoln Park Zoo Enjoy the holiday festival of lights at Lincoln Park Zoo http://www.pzoo.com with dinner after at Café Brauer. Take the train http://metrarail.com then bus http://rtchicago.com to the zoo's front gate at Stockton & Webster. See article on Page 3 for timetable and transportation details.
Sat., Dec 14	6:00 PM	15-20 miles 10-12 mph	Jerry Radek's Hse. 9032 Forestview Evanston (Actually still in Skokie)	Jerry Radek 847-673-8159	SAUGANASH HOLIDAY LIGHTS NIGHT RIDE Come and ride to the spectacular sights of the Holiday Lights in the Sauganash neighborhood of northern Chicago. See the 3 story Christmas tree coming right out of the roof and the tree house of singing elves. It's so popular that police have to direct traffic, but there's always room for bikes. We will eat after the ride at Poochies; home of the most popular hot dogs on the Northside. Take I-294 to Dempster & exit east. Go approx. 7 miles, 20 - 25 minutes, to East Prairie (stop light), which is 1/2 miles past Crawford. Turn left (north) to Davis (4 Blocks). Turn right (east) 1 block to Forestview. Turn right (South) to the first large driveway on right (West). Go halfway into the driveway and park anywhere in the lot. If the roads are icy or snowy, we will drive to Sauganash and make this a hike instead. Call me before 2:30 PM if you have any question about riding or hiking.
Sun., Dec 15	9:00 AM	6 mile hike	Mary Ann Badke's House Lisle	Mary Ann Badke 630-369-8471	Hike to Krispy Kreme Walk some of the many miles of trails in Mary Ann's neighborhood of Green Trails/Seven Bridges. We'll make a pit stop at Krispy Kreme at the midpoint of the walk. Call for directions and carpool if possible. Parking is limited.
Sun., Dec 15	9:30 AM	20-25 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	This will be a non-stop 90 minute ride. See 9:30 AM December 1 listing for further information.
Sun., Dec 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.
Tues., Dec 17	9:30 AM	3 Hour Hike	Bull Frog Lake FP	Ted Sward 708-354-5782	Ted's Tours – Part 3 Here are some more back woods trails to give you a workout. Bull Frog Lake is 2 1/2 mi. E. of Rt. 83 on Archer Ave. (Rt. 171) – Then turn right (S.) on 95 th St. – Turn right (W) at 1 st chance – Then right again at stop sign – meet at far end. Bring snacks.
Wed., Dec 18	6:30 PM	Determined by Riders that show	Gazebo Glen Ellyn, IL	Determined by Riders that show	Wednesday Night Medium Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Wed., Dec 18	6:30 PM	Determined by Riders that show	Gazebo Glen Ellyn, IL	Determined by Riders that show	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Thu., Dec 19	7:00 PM	Full Moon Walk	Villa Park Depot	Kacy Worcester 630-941-8532	Full Moon Walk on the IPP To be cancelled if raining.
Fri., Dec 20	7:30 PM	1 Hour Walk a mile or so	Dunkin Donuts Wolf Rd. & 31 st St. Westchester	Susan Kilgore 630-515-1865	CHUCK PAVEL'S FAVORITE HOLIDAY LIGHTS WALK This hike was designed by Chuck and is so full of great "shows" it continues to be a favorite of mine. Park and meet near the Dunkin Donuts which faces Wolf Rd.
Sat., Dec 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.
Sun., Dec 22	9:30 AM	20-25 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	This will be a non-stop 90 minute ride. See 9:30 AM December 1 listing for further information.
Sun., Dec 22	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Dec 22	3:00 PM	1.5 Hour Walk 3 miles	Library Parking lot Forest St. Downers Grove	Susan Kilgore 630-515-1865	DOWNERS GROVE SEARS CATALOG HOUSE WALK Walk some of Downers Grove's prettiest neighborhoods and have a close up look at many of the 22 Sears "kit" homes delivered and built between 1908 & 1940. Optional after walk dinner - call for details.
Tue., Dec 24	9:30 AM	3 Hour Hike	Fullersburg Woods Forest Preserve	Ted Sward 708-354-5782	Ted's Tours - Part 4 This is a flat hike but scenic including part of Oak Brook area. Meet at Fullersburg main lot off of Spring Road in Oak Brook - Bring snacks.
Fri., Dec 27	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., Dec 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.
Sat., Dec 28	10:00 AM	Hike 4 or more miles	Moraine Hills State Park McHenry, IL	Linda Lauer: 630-682-5747	Hike the Hills ! Saturday, December 28, 2002 10:00 AM Hike 4 or more miles around Lake Defiance and Leatherleaf Bog at Moraine Hills State Park near McHenry. (http://dnr.state.il.us/lands/Landmgt/PARKS/R2/Morhills.htm). After the hike, we'll drive to lunch at a quaint local café around 1PM (why hike if you can't eat??). Reservations have been made at historic O'Train's Eatery in Wauconda, a restored 1847 hotel. Please note: Pets allowed on leash. Directions: IL Rt. 12 north to Rt. 176, West on Rt. 176 to River Rd, North on River Rd 2 miles to entrance. Park at 1st lot on left = Kettle Woods. Snow-you're on your own! Rain -cancels. Info : Linda golinl@attbi.com 630-682-5747. .
Sun., Dec 29	9:30 AM	20-25 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	This will be a non-stop 90 minute ride. See 9:30 AM December 1 listing for further information.
Sun., Dec 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., Jan 1	9:30 AM 10:00 AM	20 miles 10 miles 10 mph	Herrick Lake Volunteer Park	Mike Tenzinger 630-653-4555	First ride of the New Year 2003 Ride to Ye Olde Pancake House for brunch. For 20 miles meet at the Herrick Lake parking lot located 0.25 miles South of Butterfield Road, on the East side of Herrick Lake Road. For 10 miles meet at Volunteer Park at the tri-intersection of Liberty Street, Carlton Street., and the Illinois Prairie Path.
Thu., Jan 2	9:30 AM	3 hr. hike	Little Red School House	Ted Sward 708-354-5782	Ted's Tours Part 5 A new look at some old trails. Little Red School House is 1/2 mile South of 95 th St. on Willow Springs Rd. (Flavin/104 th Ave.). Bring snacks.
Sat., Jan 4	9:30 AM	2 hour hike 3 or more miles	Morton Arboretum Route 53, Lisle	Susan Kilgore 630-515-1865	HIKING THE SALTY SNOWMAN TRAIL Hike will start from main parking lot. There is a \$7 per car entrance fee. If you are interested in carpooling from the Wal-Mart parking lot at Butterfield & Rte 53, call Susan for info. We'll hike to "big rock" and back with several shortcut options.
Tues., Jan 7	9:30 AM	2.5 hr. hike	McDowell Grove FP	Ted Sward 708-354-5782	Ted's Tours Part 6 Meet at McDowell Grove FP (NW Naperville) McDowell Rd. and Raymond Rd. 1.1 mi. N. of Ogden Ave. Rt 34 on Raymond Rd. (E. side), S. of I-88 and Diehl Rd. Bring snacks.

The dates for the Fourth Annual Cross Country Ski Trip are February 2-7, 2003. This is a four day, five night trip to Ironwood, MI located in Michigan's Western Upper Peninsula. An average snowfall of over 200 inches transforms this area into a winter playground.

Hundreds of kilometers of cross-country ski trails, and five major downhill ski areas are only minutes away from the Indianhead Motel where we stay.

This is a fun, inexpensive trip. The Indianhead Motel Cross-country Ski Package is \$175.00 per person double 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). After skiing, a cocktail party every evening before dinner. Hikes after dinner, and get together for games like scrabble and dominos.

The Fourth Annual Upper Peninsula Cross Country Ski Trip February 2—7, 2003

If you're interested, contact the Indianhead Motel at 1-906-932-2031 and make your reservations. I suggest you do this as early as possible to insure you can get a room. Then contact **Ed Curtin** and let him know you have signed up. So far fifteen

people have made reservations. **Ed Curtin** will be **Information Central**. If you need any information about the trip, just contact **Ed** at **847-981-1677** or curtine1@attbi.com.

Submitted by **Ed Curtin**



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

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 AFFILIATED WITH THE CHICAGO AND BICYCLE FEDERATION,



www.elmhurstbicycling.org

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

Fall (It's Cold) Century Ride

We started out in the cold dark morning of Sat, October 19th and finished at dusk the same day. **Charlie Mikesell's** comment (he had only intended to ride 50 miles) was "ARE WE NUTS?"

Fortunately the ride went well with no flat tires and occasionally the sun peeking out to show us our shadows for a few minutes. With the exception of the wind at our faces on the way to Crystal Lake, it was really a beautiful day to ride a century.

Although we rode a little slow for **Jeff** (he kept a little ahead of us) he commented that this is his favorite venue for 100 miles.

Congratulations as always to **Jim Hennig** (our hero), **Jeff Stlaske**, **Walter Chipala** and **Joanne DeZur**. Special kudos to **MaryJo Bolan** and **Kathy Caucig** for their first ever century ride.

WINDY RIDERS

About 20 bikers gathered at 2 different starting points (we unfortunately did not specify) for a 62 mile ride to either complete their patches, help meet their mileage goals and for **Jim Hennig** to put him over 3000 miles for the first time. Congratulations to all.

Jeanne Whiting's job was to get us to the correct paths and streets while bucking a sometime 25 mph wind. It was in our face going out and also returning, figure that one out. I was the sweep so as to prevent it from coming at our backs—did a good job. We were lucky traffic was light on some of the busy streets we traveled. All in all the ride was great, weather cooperated with an above average fall temperature, and we only had one flat.

Thanks to everyone who joined us on the ride—**Joanne D.**

Nov. 17th Sunday Morning

A dusting of snow and temps in the low 30's kept all but the stup...er...craz...eh...bravest riders from making today's Sunday Morning Ride. **Don Augustine** and I met **Dave Polkow** at Big Apple Bagels only to find **Dave** dressed in street clothes standing behind his mini-van. Turns out **Dave** was fighting a nasty cold and riding was out of the question. He turned out to cheer for those who came out for the ride and **Don** and I gave him something to cheer about (or maybe laugh about). **Don** and I left Elmhurst using extra caution on the sometimes slick streets.

We headed to Lombard and made our way through Oakbrook into the McDonalds corporate facility and scoped out the bike path and roads by the polo fields which eventually took us to York Road. Hinsdale was our next destination and we followed the Burlington R.R. tracks through Clarendon Hills, Westmont and Downers Grove. In Downers Grove we turned north on Fairview Ave. and got socked with a strong, chilling head wind.

After a short stop to massage cold feet we took control of Fairview Ave. once again and made our way through Oakbrook, Lombard, Villa Park and Elmhurst. The ride was a "gentle" 32 miles with neither one of us in need of a sprint or a pace faster than 21 MPH.

As **Dave** would say, rides are every Sunday starting from Big Apple Bagels in Elmhurst. Through November, rides start at 8:30. Beginning in December the ride time will switch to 9:30. Check the newsletter for exact details. Please come out and join us sometime.

—**Ray Dal Lago**