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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!**

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Odometer Reading

2002 Club Member Mileage

**103,416 miles as of December 18th
(2001 Total: 102,228)**



Cue Sheet

January 2003

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—As I write this, the year is rapidly drawing to a close. 2002 has been full of wonderful rides. I'm sure the total club mileage will again exceed 100,00 miles!! This has been accomplished without one serious accident. When you consider that we ride day and night in all kinds of weather, this is a record to be proud of. I compliment you all. We still have room for improvement in the area of being motorist friendly. Perhaps we can continue to work on that.

Winter is a good time to work on maintaining your bike. If you don't do your own work, take your bike to your favorite bike shop.

How much can you expect to spend for a tune-up or overhaul? My experience has been with REI but the costs are probably comparable at other shops.

1. Basic Tune-up: Clean and adjust brakes, derailleurs, true wheel (laterally), repack headset and bottom bracket. A complete inspection of the bike—\$55.
2. Midrange Tune-up: Most components removed, disassembled, and cleaned—\$95.
3. Complete overhaul: Everything removed clear down to the frame, everything disassembled, cleaned, lubed, adjusted, repacked, etc.—this is major stuff—\$150

These prices do not include parts if required. If you are a relatively low mileage recreational rider perhaps a basic tune-up is all you need. If you are an REI member you can deduct about 20% from the above prices.

AND SUCH—**DREAM TIME**: When winter really sets in and you are unable to ride, this is the time to dream. Sets some goals for next riding season.

Perhaps you could win your mileage patch (25-50-62-100 miles) or ride your first century. After the same routes for several years it might be fun to participate in some of the clubs multi-day events. These are great events that anyone can do.

For those who have never done any bicycle touring—perhaps this is the year to expand your experiences. A good book to read is "THE ESSENTIAL TOURING CYCLIST" (©2001) by Richard A. Lovett—this takes you through every step of the way from a simple two day excursion staying in a motel to multi-week self contained adventures.

Our ranks of tourers has expanded in the last few years thanks to Dick and Freda Diebold who have been just great mentors to anyone even slightly interested in touring—talk to them!

So—during the next year expand your horizons beyond the village streets. **DREAM ON—Ted Sward 708 354-5682**

New Spokes on the Wheel
 Complied by Membership Chairperson
Ellen Johnson

(No new member information was received before press time—*editor*.)

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

Bike Show

Navy Pier, March 21—23, 2003



The Subaru Chicago Bike Show (and fitness expo) is back in town, and the EBC is looking for volunteers to meet, greet, and hand out flyers to show goers. Each volunteer will be working 3—5 hours at the club booth. Show hours are 3PM to 8PM Friday, 10AM —7PM Saturday, and 10 AM to 5PM Sunday.

Please contact newsletter editor **Larry Gitchell** (phone numbers and email address at right) if you can help out.

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

January Meeting
 Thursday, January 9th, 7:00 PM
 At
 Community Bank of Elmhurst

—Program—
Dr. Helen Iams will be conducting a survey on the health needs of bicyclists.
 (See article on page 4 for more details.)

Upcoming Programs

—February—
Awards

Collating Party

Friday, January 24th 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 February 2003 Ride Schedule is January 11th, the second Saturday of January. 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 February 2003 Cue Sheet is Monday, January 13th. 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

The Virgin Voyage is a long time honored Elmhurst Bicycle Club tradition. The EBC was started in 1977, and the very first club ride was named The Virgin Voyage by some of the members. The ride started at the Elmhurst Depot, and followed a route out to Churchill Woods Forest Preserve and back. Way back then, the members didn't think much about riding past October, and so The Virgin Voyage became the opening first club ride of a new riding season. It was usually held around St. Patrick's Day. Over the years, the event has evolved into a great club social event. The ride generally starts from a venue where riders and non-riders can meet after the ride for a buffet and snacks. Everyone brings a dish to share, and the club provides beverages, plates, cups, and utensils. For many years, the event was held at the Salt Creek Recreation Center in Elmhurst. The last couple of years it was coordinated by **Kathy Wagner** at a Glen Ellyn Park District facility.

We need a volunteer or volunteers to coordinate the Virgin Voyage this year. The date will be Sunday March 9, 2003. This date was selected because Sunday March 16th is the traditional Wheeling Wheelmen's St. Patrick's Day Ride, which a lot of our members like to do, and the annual bike show is scheduled for the weekend of March 21st, 22nd, & 23rd.

Responsibilities of the coordinators is to find a facility, attend the January and February club meetings to get members to sign-up for dishes to share and /or snacks, and to organize the ride and/or hikes. The Ride Captain will assist with the organization of the rides and hikes if needed. To volunteer for this job, contact **Ed Curtin** via e-mail curtine1@attbi.com or by phone at **847-981-1677**.

Submitted by **Ed Curtin**

Rich Barrans and his wife **Dr. Helen Iams** joined the club in 2002. Those of you who attended the November meeting will remember Rich's presentation on bicycle racing.

Dr. Iams is a family practice resident, and is interested in cycling medicine. She is trying to learn more about the health and needs of cyclists. There is not much information about cyclists in the medical literature. To help correct this problem, **Dr. Iams** is surveying a variety of cyclists to build a medical history database. She can use our help. She will be at the January meeting. She has a form that takes about 10 minutes to fill out. It is totally confidential. If you fill out this form, it would help her in her research efforts. She will probably have a few medical students with her to help speed-up the process. Her plan is to hand out the survey at the meeting, and then follow-up with questions on the spot.

Submitted by **Ed Curtin**

Annual Chili Mixer

The Annual EBC Chili Mixer will be hosted by **Marge Ricke** at her home located at 16W701 Red Oak, Bensenville, IL on Sunday, February 16, 2003. Everyone is invited to bring a serving of chili and a side dish or dessert. The chili will be added to the "pot" and kept warm. A buffet will be served at 3 PM along with the chili. A couple of bike rides and a hike will be featured starting at 12 Noon. If weather conditions will not allow bike riding, details will be announced on the hot line. Please call if you will be bringing something: **630-616-8481 (home) 630-543-8607 (work)**.

Directions: From the South take Route 83 North to Red Oak which is one block South of Third Ave./Oak Meadow, turn right (E.) and go to 16W701 Red Oak. From the North take Route 83 South to Third Ave./Oak Meadow (stoplight there). Turn left (E.) and go to the first street Briar Lane, turn Right (S.) and go to Red Oak. Turn Left (E.) and go to 16W701 Red Oak.

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)

For Sale: 2002 56cm Raleigh Professional road bike. Columbus Zona/Nivacrom steel frame with Columbus Link Carbon fork w/alloy steerer-integrated headset, Groupo Dura-Ace & Ultegra, Thompson seatpost/stem, 32h Dura-Ace/Mavic clincher wheels with new Michelin Pro-Race tyres. \$1000.00/OBO contact David Reed c/o Stemple Cycle Center 834-1012 or Apachpedalracer@aol.com. It is at the shop for viewing. (01/03)

For Sale: Saris Bones Trunk Racks (3 Bike) Engineered resin construction is the strongest on the market. Six strap system securely fastens rack to vehicle. Fits sedans, hatchbacks, and minivans. Anti-sway arms adjust to hold women's, children's, and BMX style frames. Arc base design fits over most spoilers and holds bikes at different levels. Like New - \$60 (firm) Regular Price \$140 Contact: **Jerry Levinson 708-524-1583** or sonoflev@attbi.com (01/03)

January 2003

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., 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 ! 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'Traina'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. Leader will show up as long as the forecasted high temperature is at least 20 degrees. Call if you have any questions.
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	8:30 AM	40 miles 14-16 mph	Depot Elmhurst	Larry Gitchell 708-409-0105	New Year's Day Ride – The Long Version! Ride from Elmhurst to the Olde Pancake House. Breakfast optional. Pavement ride. Subject to weather conditions.
Wed., Jan 1	9:30 AM 10:00 AM	20 miles 10 miles 10 mph	Herrick Lake Volunteer Pk.	Mike Tenzinger 630-653-4555	First ride of the New Year 2003 Ride to Ye Odle Pancake House for brunch. For 20 miles meet at the Herrick Lake parking lot located .25 miles S. of Butterfield Rd. on the E. side of Herrick Lake Road. For 10 miles meet at Volunteer Pk. at the tri intersect ion of Liberty St., Carlton St., and the IPP.
Thur., 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 Street on Willow Springs Road. (Flavin / 104 th Ave.). Bring snacks.
Sat., Jan 4	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., 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 & Route 53, call Susan for info. We'll hike to "big rock" and back with several shortcut options.
Sun., Jan. 5	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., Jan. 5	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.

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
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.
Tues., Jan 7	7:00 PM	Board Meeting	Sharon Ganske's Home, Wheaton	Sharon Ganske 630-462-3734	Monthly Board Meeting
Wed., Jan 8	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., Jan 8	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., Jan 9	7:15 PM	Monthly Club Meeting	Community Bank of Elmhurst	Ed Curtin 847-981-1677	Monthly club meeting at the Community Bank of Elmhurst, located at 330 West Butterfield Road, at the corner of Spring Road & Butterfield Road, Elmhurst
Sat., Jan 11	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., Jan 12	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., Jan 12	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., Jan 14	9:30 AM	3 hr hike	Teason's Woods FP	Ted Sward 708-354-5782	Ted's Tours Part 7 Meet at Teason's Woods FP at the intersection of 111 th St. (Route 83) and 104 th Ave. (Willow Springs Rd) SE corner (Stop light) in the Palos area. Bring snacks.
Wed., Jan 15	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., Jan 15	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., Jan 18	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., Jan. 19	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., Jan. 19	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., Jan 21	9:30 AM	3 hr hike	Waterfall Glen FP	Ted Sward 708-354-5782	Ted's Tours Part 8 Meet in the parking lot of the Park Ranger's Residence / Outdoor Education Camp, .7 mi. W of Rt. 83 on Bluff Rd. Bring snacks.
Wed., Jan 22	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., Jan 22	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.
Fri., Jan 24	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., Jan 25	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., Jan 25	10:30 AM	4 mile hike	Maple Grove FP	Mary Ann Badke 630-369-8471 Susan Kilgore 630-515-1865	Hike the area around Downers Grove and then visit the ice sculpture festival. We will look for some Sears homes and historic sites. Meet in the Maple Grove FP parking lot on the North side of Maple Ave. just East of Dunham/Maple/55 th St. intersection.
Sun., Jan 26	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., Jan 26	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., Jan 28	9:30 AM	3 hr. hike	Little Red School House	Ted Sward 708-354-5782	Ted's Tours Part 9 New route. Meet at the Little Red School House, .5 mi. S. of 95 th St. on Willow Springs Rd. (Flavin/104 th Ave.). Bring snacks.
Wed., Jan 29	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., Jan 29	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.

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., Feb 1	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., Feb 2				Ed Curtin 847-981-1677	UP2003 Ski Trip
Sun., Feb 2	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., Feb 2	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., Feb 5	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn, IL	Show & Go	Wednesday Night Medium Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Wed., Feb 5	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn, IL	Show & Go	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Sat., Feb 8	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., Feb 9	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., Feb 9	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.

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

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

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.

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**



Bike Southwestern Utah



Utah has 7 National Parks for good reason. Beauty abounds, the scenery is awesome. If you haven't bicycled from Zion to Bryce Canyon here's your chance to experience one of life's great gifts.

We will do a loop that will take in Zion, Pipe Springs National Monument, Coral Pink Sand Dunes State Park, Bryce Canyon and Cedar

Breaks National Monument. It's only a days ride from one to the other but we will take days off to enjoy.

Exact dates not firm but will be around September 12 to 22. Starting from St. George. Self contained touring, camping. No vehicles following. **Dick and Freda Diebold**

847-891-6010 Gobybicycle@aol.com

Got Mileage?

Aware that many club members put in miles on their bikes for various purposes such as commuting, shopping, errands, tours and riding to and from club rides, we thought it would be interesting to gather and publish those miles for the year 2003. Compile your own mileage and report the miles to **Sharon Ganske** at the end of December 2003. The February 2004 newsletter will include a list with all of the participants.

Volunteer Wanted!

The board is looking for a club member who can maintain the information table at monthly meetings. The job entails collecting up flyers for local (and not so local) invitational rides, keeping them up to date, and setting out a table of flyers at each club meeting. Contact Secretary **Sharon Ganske** at **630-462-3734 ganskesh@hotmail.com**, or Vice President **Ed Curtin** at **847-981-1677 curtine1@attbi.com** to volunteer.

Directions to ride starting locations

Starting Point	Directions
Community Bank of Elmhurst Elmhurst, IL	330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.
Depot Elmhurst, IL	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.
Gazebo Glen Ellyn, IL	On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1 ¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
Busse Woods Elk Grove Village, IL	Take I-290 (Route 53, I-355) to Biesterfield Road East. Beisner Road is the 1 st light East of I-290. Turn North (left) on Beisner Road. Busse Woods entrance is approximately 2 blocks on the left. Ride starts in the first parking lot from the entrance.
Spring Rock Park Western Springs, IL	Spring Rock Park is located at 47 th Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
Villa Park Depot, Villa Park, IL	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
Volunteer Park Wheaton, IL	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
Waterfall Glen Forest Preserve Darien, IL	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.
Big Apple Bagels Elmhurst, IL	Big Apple Bagels is located at the corner of York Street and Schiller Ave. in downtown Elmhurst. Schiller is about ¼ mile south of North Ave. (Route 64) and York Street is about 1 mile west of Interstate 290. Note that York Street is one way going North through downtown.

MEMBERSHIP APPLICATION

Individual(\$15) Family(\$20) New Renewal

[Indicate with ** next to any information you **do not want** to appear in the club directory]

EBC's membership year runs from January 1 to December 31.

Joining after October 1 continues your membership through the following year.

Name _____
(If family membership, list names of all members)

Address _____
(Street) (City) (State) (Zip)

Phone—Home _____ Work _____ E-Mail _____
 — Check here if you **do not** want your email address to be added to the club list server.

The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate In club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and administrators, release, waive and forever discharge Elmhurst Bicycle Club, its officers and members from any and all claims, demands, actions or liabilities on account of any injury to me which may occur from any cause whatsoever, including negligence or other fault on the art of anyone released hereunder, during my participation In or transportation to or from said rides and/or events. I ACKNOWLEDGE I AM AWARE OF THE RISKS AND HAZARDS INHERENT UPON ENGAGING IN SAID CLUB ACTIVITIES, AND I DO SO ENTIRELY UPON MY OWN INITIATIVE, RISK AND RESPONSIBILITY. I FURTHER UNDERSTAND THE CLUB DEPENDS ON ITS MEMBERS TO PROVIDE AND LEAD CLUB ACTIVITIES AND THAT THOSE MEMBERS RELY ON THE PROTECTION AFFORDED HEREUNDER. I hereby further agree to operate my bicycle in a manner that is safe to me and those around me, to observe all applicable safety regulations and to conduct myself In a manner that will be complimentary to the sport of bicycling. It Is my intent that this release and waiver apply at all times, notwithstanding that my membership in the Elmhurst Bicycle Club may have expired, elapsed, been renewed or reinstated after a period of non-membership. I FURTHER ACKNOWLEDGE THAT I HAVE READ THE FOREGOING RELEASE AND WAIVER AND UNDERSTAND IT, INCLUDING THAT IT IS INTENDED TO COVER OCCURRENCES WHICH MAY NOT YET HAVE OCCURRED AND WHICH ARE UNKNOWN TO ME, AND NOTWITHSTANDING THE FOREGOING, I SIGN IT VOLUNTARILY WITH THE FULL INTENT THAT IT BE FOREVER ENFORCEABLE.

Date _____ Signature _____

Signatures of adult family members for family Membership _____

Mail to: Elmhurst Bicycle Club
P.O. Box 902
Elmhurst, IL 60126

AFFILIATED WITH THE CHICAGO AND BICYCLE FEDERATION,
 THE LEAGUE OF AMERICAN BICYCLISTS,
 THE LEAGUE OF ILLINOIS BICYCLISTS,
 LIFE MEMBER ILLINOIS PRAIRIE PATH,
 MEMBER CONSERVATION FOUNDATION,
 RAILS TO TRAILS CONSERVANCY,
 ADVENTURE CYCLING,
 AND PROUD SPONSOR OF THE
 CHUCK PAVEL HELMETS FOR KIDS PROGRAM



www.elmhurstbicycling.org

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



**Coldest Turkey Day Ride on Record
 Can't Stop the EBC!**

Ten hardy EBCer's braved the 16° temperatures on Thanksgiving Day for the 4th annual ride to Brookfield (we put the Oooo! in) Zoo. Pictured (from left) Leader **Larry Gitchell**, **Kevin McCauly**, **Jeanne Whit ing**, SAG Driver **Vicki Ortega**, **Joe Prebil**, and **Lew Worthem**. Behind the camera: **Jeff Stlaske**. Not appearing in the picture: **Jim Gross**, **Sharon Ganske**, and **Bob Sack**.

Club Election Results

Club Elections were held at the November Meeting.
 Next year's board will be:

President:	Bob Sack
Vice President and Ride Captain:	Ed Curtin
Secretary:	Sharon Ganske
Treasurer:	Chuck Ziemer
Membership:	Ellen Johnson

Appointed positions:

Newsletter Editor:	Larry Gitchell
Metro Metric:	Joanne DeZur

The changes to the club constitution and bylaws that were published in the October and November newsletters were approved as written. Special thanks to our nominating committee **Marge Ricke**, **Joanne DeZur**, **Walter Chlipala**, and **Marty Kotecki**.

**Don't forget to renew your EBC
 Membership by December 31st!**