

Board Members

President
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 630 323-5711
judy8831@aol.com

Vice President / Ride Captain
Ed Curtin
 847-981-1677
curtine1@attbi.com

Secretary
Sharon Ganske
 630-462-3734
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Treasurer
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!**

Advocacy Mike Incopero 630-682-0098 mystromboli@mac.com	Newsletter Editor Larry Gitchell 708-409-0105 LarsofMars@aol.com
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Database Manager Mary Moroney 630-629-1812 cycling33@attbi.com	Programs John Park John1park@aol.com
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List Server Marty Kotecki 630 620-6434 orionradion@msn.com	Publicity Tracy Gainer tgainer@mail.com
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Metro Metric Joanne Dezur 630-833-7688 Cyclejoey@aol.com	Route Librarian Rich Kuhlman 630-462-5427 rkuhlman99@attbi.com
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Newsletter Collating Judy Mikesell 630-833-1036 mikesell2@juno.com	Safety Ted Sward 708-354-5782 Sergeant at Arms Mike Struglinski
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EBC Dues Increase March 1st

Effective March 1, 2003, club dues will increase by \$5, from \$15 to \$20 for individual memberships, and from \$20 to 25 dollars for family memberships. Applications postmarked March 1st or earlier will be renewed at the current rates.



Cue Sheet

February 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—WATCH YOUR BACKSIDE:

When motorists approach you from the rear, they generally pass allowing you a comfortable space—but not always. You should constantly be aware of what is happening behind you. The use of rear view mirrors (either bar or helmet mounted) are suggested.

When riding on narrow roads, particularly in rural areas where you may encounter fast moving traffic, there are things you can do to improve your safety.

1. Ride 3-4 feet away from the edge of the road into the lane. This will require the overtaking vehicle to move farther to the left, straddling the center line, as they pass you. Once you observe that the vehicle has moved over to the left, you should move as far to the right as practical. You have in effect to encourage the driver to provide more space. If you note that the driver is not moving well over to the left, you still have created some space to maneuver. Don't encourage drivers to squeeze you.
2. When trucks or large vehicles are approaching from the front, immediately check behind you for approaching vehicles. If another truck is behind you and all three of you arrive at the same spot at the same time there might not be room for everyone. BE PREPARED TO "BAIL OUT" (Leave the road).
3. Many large vehicles, including RV's have extended side rearview mirrors which can hit you with disastrous head or shoulder injuries. So again—don't allow yourself to be squeezed—encourage them to move to the left and once they commit to that motion create more room by moving to the right. ALWAYS BE AWARE OF WHAT IS GOING ON BEHIND YOU.

AND SUCH—HISTORY:

1896—A young West Point graduate—Lt. James A. Moss (also an avid bicyclist) who was stationed at Fort Missoula, Montana, gained the approval of General Nelson A. Miles and the 25th US Infantry Bicycle Corps was formed. Bicycles had many advantages over horses. They were cheaper, did not eat, required little care. They made almost no noise, raised little dust and the tire tracks did not betray its direction. They needed no caretakers thus freeing men for battle.

Two shakedown treks of 126 miles (Lake McDonald) and 791 miles (Yellowstone Park) were successful. The troops carried 80 pound packs on their bikes and could roll the bikes when they could not ride. On June 14, 1897 they set out on a 2800 mile round trip to St Louis, Missouri. During the trip they encountered awful conditions. RAIN—HAIL—Roads turned into gumbo, snow, ice, cold, ankle deep sand, lack of water in Nebraska (even bumpy railroad ties looked attractive for 170 miles)—100° heat, sickness and blisters. They arrived in St. Louis on July 24 to cheers from large groups of wheelmen and citizens. However, no officers from the Army were present. The troops had accomplished the greatest military bicycle feat ever proposed on this continent. The corps returned to Fort Missoula by rail despite high praise from Gen. Miles. The corps disbanded April 10, 1898. (condensed from Invention and Technology Magazine)—**Ted Sward**

New Spokes on the Wheel
 Complied by Membership Chairperson
Ellen Johnson
CAITLIN ADAMS
 FOREST PARK
 wolfseyemoon@yahoo.com

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MAUREEN O'ROURKE
 OAK PARK

JASON SHUTTERS
 LOMBARD
 jason@jasonshutters.com

EARL WEBER
 WHEATON

LEW WORTHEM
 ELMHURST
 lew@worthem.com

We're growing every month!

Type	Memberships	Members
Family	82	202
Individual	188	188
Total	270	390

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

February Meeting
 Thursday, February 13th, 7:00 PM

At

Community Bank of Elmhurst

—Program—

2002 Awards

Upcoming Programs

—March—

Collating Party

Friday, February 28th 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 March 2003 Ride Schedule is February 15th, the second Saturday of February. 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 March 2003 Cue Sheet is Monday, February 17th.

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

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.

ATTENTION ALL EASY RIDERS THINK AHEAD TO SPRING PLANNING MEETING WED, FEB 26

Now is the time to search out those new routes You've been wanting to lead. The planning Meeting for this year's Wednesday morning rides will be held on Wed. Feb 26th. At this time we will plan the rides for the whole year.

The meeting will be held at the home of **Carol Nield** 6326 Fairview Ave., Downers Grove. The meeting will begin at 11:30 A.M. and will be preceded by a 15 mile bike ride (or hike if weather is bad) starting at 9:30 from the same address. Food will be served before the meeting.

The Wednesday morning rides are a very important part of the EBC schedule. Without leaders we cannot offer the great variety of rides that so many of our members enjoy.

If you are unable to attend the meeting but would like to lead a Wed, morning ride call **630-964-3488** or Email **Carol** at 2bike@prodigy.net with the rides you would like to lead.

The Bikes are Back!

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** if you can help out. Phone: **708-409-0105** or **708-421-0120** (both lines have voicemail) Email: **LarsofMars@aol.com**

Door County Ride

We have had several inquiries regarding doing the Door County Ride again this year 2003 and possibly making it like the SWEBCO, a yearly event. I realize there are quite a few rides during the year but there would be no problem doing Door County in June if we have enough interest. Please either e-mail me a line saying you are interested or give me a call. By the way it would be planned so as not to interfere with the GIT that month.

Thanks! **Joanne DeZur** cyclejoey@aol.com **630-833-7688**

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

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: 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 kind 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)

Down to the last 2 Velo jerseys, only \$45 each, size XL You can take them both for \$85 Contact **Sharon** at **630-462-3734** (02/03)

February 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., 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 Gone Skiing!
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	Determined by Riders That Show	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	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., Feb 5	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., 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.
Sat., Feb 8	9:00 AM	2 Hour Hike	McDowell Grove Forest Preserve Naperville, IL	Susan Kilgore 630-515-1865(H) 312-727-3597(W)	McHike At McDowell Explore McDowell and check on the progress of the new bike trail. Meet at the parking lot located on Raymond Road., just South of Diehl Road and Interstate I-88. Leader will hike, but others are welcome to ski, if Mother Nature allows.
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.
Tues., Feb 11	9:30 AM	3 hour hike	E.J. Beck Lake Forest Preserve	Jerry Radek 847-673-8159	Des Plaines River trail Hike Directions: Take I-294 north to Dempster. Exit east. Go ¼ mile to Potter (stoplight). Turn left, go 1-¼ miles to Golf Road. Turn left, go ½ mile to East River Road, immediately past the I-294 overpass. Turn right, ¾ miles to the light at Central Road and straight ahead into the E.J. Beck Lake FP. Meet at the far end of the parking lot. Bring snacks. No outdoor Johns at Beck Lake. This will be a joint hike with Elmhurst and Evanston Bike Clubs.
Wed., Feb 12	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., Feb 12	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
Thu., Feb 13	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 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Sat., Feb 15	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., Feb 15	9:30 AM	1.5 hour hike	Fullersburg Woods Forest Preserve Spring Road parking lot	Susan Kilgore 630-515-1865(H) 312-727-3597(W)	Hike the Fullersburg Woods FP
Sun., Feb 16	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 16	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.
Sun., Feb 16	12:00 PM 12:30 PM 1:00 PM 3:00 PM	25-35 miles 14-16 mph 15-25 miles 12-14 mph 10-15 miles 10-12 mph 1.5 - 2 hr. hike Chili Buffet	Marge Ricke's House Bensenville, IL	Marge Ricke 630-616-8481 H 630-543-8607 W	Annual Chili Mixer Three bike rides and a hike will be featured before the Chili Buffet. Everyone is invited to bring a serving of chili which will be added to the "Pot." Then while the chili is heating up you can do a bike ride or hike before sitting down to enjoy some chili from the "pot." Marge Ricke's address is 16W701 Red Oak, Bensenville, IL. From the South take Route 83 to Red Oak which is one block South of Third Ave., turn Right (E) and go to 16W701 Red Oak. From the North take Route 83 to Third Ave. (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.
Tues., Feb 18	9:30 AM	3 hour hike	Harms Woods Forest Preserve	Jerry Radek 847-673-8159	North Branch River Hike Directions: If the conditions are good, skiing will be an option. Take I-294 north to Dempster. Exit east. Go 5 ¼ miles to Central (stoplight) in Morton Grove just before Edens Expressway. Turn left, 1 mile to Golf. Central is now Harms Road. Continue 0.4 miles on Harms past Golf. Turn left into the 2 nd entrance to Harms Woods FP, center groves 3 & 4. Bring Snacks. This will be a joint hike with Elmhurst and Evanston Bike Clubs.
Wed., Feb 19	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., Feb 19	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., Feb 22	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., Feb 22	9:30 AM	3 hour hike	North Riverside 29 th St. and Des Plaines Ave. FP parking lot	Joanne Dybala 630-493-1514 Gerry Fekete 708-352-0913	Riverside Ramble Hike Bring snacks. Meet in the Forest Preserve parking lot at 29 th Street and Des Plaines Ave.
Sun., Feb 23	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 23	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., Feb 25	9:30 AM	3 hour hike	E.J. Beck Lake Forest Preserve	Jerry Radek 847-673-8159	Des Plaines River trail Hike Directions: Take I-294 north to Dempster. Exit east. Go ¼ mile to Potter (stoplight). Turn left, go 1-¼ miles to Golf Road. Turn left, go ½ mile to East River Road, immediately past the I-294 overpass. Turn right, ¾ miles to the light at Central Rd and straight ahead into the E.J. Beck Lake FP. Meet at the far end of the parking lot. Bring snacks. No outdoor Johns at Beck Lake. This will be a joint hike with Elmhurst and Evanston Bike Clubs.
Wed., Feb 26	9:30 AM 11:30 AM	15 miles 10-12 mph Planning Meeting	Carol Nield's House	Carol Nield 630-964-2488	Wednesday morning Easy Rider's Planning Meeting. The meeting is at 11:30 A.M. and will be preceded by a bike ride or hike (depending on the weather) at 9:30 A.M.
Wed., Feb 26	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., Feb 26	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.

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Date	Time	Distance	Start	Ride Leader	Ride Description
Fri, Feb 28	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., Mar 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.
Sat., Mar 1	8:30 AM 9:30 AM	Coffee Time... 2 hour hike	Meet for coffee at Panera Bread Danada Herrick Lake FP parking lot off Butterfield Rd.	Susan Kilgore 630-515-1865(H) 312-727-3597(W)	Hike the Herrick Lake FP. Meet for coffee at 8:30 at the Panera Bread on the north side of Butterfield Road just East of Naperville-Wheaton Road. Regroup at 9:30 for a 2-hour hike from the Herrick Lake Forest Preserve parking lot on Butterfield Road, just East of Wiesbrook / Herrick Road.
Sun., Mar 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., Mar 2	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., Mar 5	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., Mar 5	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., Mar 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., Mar 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., Mar 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.

Bike'n on the Web

When Mike Incopero was president of the club he asked me to start this column. I never quite got around to it until now, but going forward each month I will have a feature topic related to bicycling information available on the internet.

This inaugural column will feature companies offering winter clothing. Not the outer wear that is available from innumerable sources, rather a group of sites that feature the critical base layers that are so necessary for comfortable cycling at this time of year.

Under Armour Performance Apparel (www.underarmour.com) is the website for the most complete selection of base layers for all seasons I have found. Couple this with both men's and women's sizes and as many as seven available colors, this is a site well worth your visit. An especially interesting item is their sleeveless mock turtleneck that is a perfect addition for those chilly but not cold spring and fall rides. Both form fitting and loose fitting base layers are available.

Craft Scandinavia (www.craft-usa.com) also carries a line of men's and women's athletic base layers. Craft does not offer the wide selection of colors that Under Armour does but has a nice complete line of base layers.

Patagonia (www.patagonia.com) has a very complete line of active outdoor wear. They offer four, yes four weights of base layers for all possible weather conditions. This company is a little more fashion driven and changes colors each year. There is also the added plus of having great outer wear for other outdoor winter activities besides bicycling.

While not all of the sites reference bicycling, they all have excellent products suitable for winter bicycling. All three companies have very good internet stores and I have personally ordered from two of them with excellent results. NEXT MONTH: Women's bicycling clothes don't have to be girly. Submitted by **Rich Kuhlman** (Bike'n at the speed of the internet)

Greetings EBCers!



I trust we are all ready for a new year of two wheel adventure, along with meeting new

people that share the same passion for cycling and the outdoors. For those of you that have expressed an interest in a tyvek jacket you will be pleased to know

that we are half way to our order goal of 50 jackets. So if any of you know someone who is thinking about it now is a good time to speak up.



An option was given by the manufacturer to split the order to 25 of one and 25 of another design for those that may like to have two different jackets.

This is the month to place an order if you want to have them when the weather is

right. Contact **Bill Angevine** at Zippy928@hotmail.com or **Sharon Ganske** at 630-462-3734

Wanted: Invitational Coordinator

Job Description:

Help the club support other club rides and provide a central clearing point for members who wish to ride invitationals as a group. Collect and report invitational miles ridden by members for placement in the newsletter at the end of the year.

Experience: Love bike riding.

Apply: Notify any board member of your interest.

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(\$20)
 Family(\$25)
 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



May 2003 Is National Bicycle Month

Attention all bicycle enthusiasts! Celebrate National Bicycle Month with a limited edition license plate set. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2003. A sample of this year's plate is pictured above in black and white. The colors are: a white background, blue and red logo and red numbers, Land of Lincoln and a blue border. A color picture of the plate can be seen on the League of Illinois Bicyclist web site at www.bikelib.org.

The plate sets are numbered from 1 to 300. Priority will be given to those who ordered plates last year. All remaining plate sets are issued on a first-come-first-served basis. The cost of each plate set is \$25. To order your set, please fill out this form and return it along with your payment and a photocopy of your car's current license plate registration. You may also find a copy of this order form at the LIB web site.

PLEASE PRINT LEGIBLY OR TYPE

Name _____

Signature _____

Address (No P.O. Boxes) _____

City _____ State IL Zip _____

Phone _____ FAX _____

E-Mail _____

Business Name (Only if using as shipping address) _____

Shipping Address (If different than above) (No P.O. Boxes) _____

Driver's License Number _____

Current Plate Number _____ Expiration Date _____

Car Make & Model _____ VIN# _____

Without a copy of your car's current registration, your application cannot be processed.

Please make your \$25 check or money order payable to League of Illinois Bicyclists. Mail it, along with this form and a photocopy of your car's current registration to: LIB, c/o Laura Sanborn, 1 So. 110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427 Fax: 630-462-5428



www.elmhurstbicycling.org

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