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curtine1@attbi.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!**

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 630-833-1036
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Safety
Ted Sward
 708-354-5782

Sergeant at Arms
Mike Struglinski

Glow in the Dark?

If you received this newsletter with a fluorescent-colored address sticker, it indicates that this is your last issue. To continue receiving the Cue Sheet, please renew your EBC Membership as soon as possible.



Cue Sheet

March 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:—With the temperature hovering in the single digits as I write this, it's hard to imagine that within the next few weeks conceivably we could have some decent riding. As the riding season opens there are some things we should be aware of.

1. Riding skills need to be sharpened.
2. Special attention should be given to auto traffic—be alert.
3. Potholes can be almost anywhere.
4. Debris from snowplows is usually pushed into your normal riding area.
5. Patches of ice may remain in shaded areas and bike trails that have been hiked on.
6. Be aware that motorists have not seen many bicyclists during the winter months. Their driving awareness needs to make the same transition as bikers. Be alert and patient as we enter the new riding season.

AND SUCH—RIDING GLOVES:

Riding gloves are more than a fashion statement—they:

1. Provide a non-slip grip.
2. Enable you to brush debris from spinning tires.
3. Allow you to wipe stinging sweat from your eyes.
4. Cushion your hands from road shock.
5. Protect your palms when you reach out during a fall.
6. Some gloves have soft terry-cloth backings to wipe your nose.

Padded gloves and thick handlebar tape go a long way to prevent numbness in the hands caused by the compression and hyperextension of the nerves passing through the wrist into the palms creating pressure points. Change your hand position frequently (3-5 minutes). You may also find shaking your hands periodically also helps.

NEW ADVENTURE RIDERS

This group is for all our new members who are looking for an easy way to become familiar with the club and its many ride options. The rides are not more than 20 miles and the pace is 8-10 MPH. Usually there is a mid-ride coffee stop which provides a social aspect to the ride. These rides are regularly held on Tuesdays but weekend scheduling is strongly encouraged.

The usual starting date is April but if the weather permits, look for some rides to be on the March calendar. Also, don't forget to check the HOTLINE for the unscheduled events listing at 630-415-BIKE—Press #2.

Ted Sward
 708-354-5782

New Spokes on the Wheel
 Complied by Membership Chairperson
Ellen Johnson

ADRIENNE BAIRSTOW
 PALATINE
 dallasmarket00@yahoo.com

AMOS COFFMAN
 CHICAGO
 amosbgfish@aol.com

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 ADDISON
 jpdaly12@aol.com

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 DOWNERS GROVE
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 LA GRANGE
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 GLEN ELLYN
 smapes1009@aol.com

DUANE & JEANNINE STEINER
 LOMBARD
 dlsmtgplnr@aol.com

DIANE WILKINSON, JOHN, BRIAN, KAREN CZARNECKI
 DES PLAINES

We're growing every month!

Type	Memberships	Members
Family	50	123
Individual	<u>114</u>	<u>114</u>
Total	164	237

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

March Meeting

Thursday, March 13th, 7:00 PM

At

Community Bank of Elmhurst

—Program—

Mr. Ryan Keck of Giant Bicycles will show us what's new from Giant for 2003.

Upcoming Programs

—April—

Randy Warren from the Chicagoland Bicycle Federation

Collating Party

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

Start the Countdown...

At the time this Cue Sheet went in the mail, we were 4 months and 29 days from Metro Metric (July 27th) —A good time to start thinking about what position you would like to volunteer for! Please contact Metro Metric Chairperson **JoAnne Dezur** at **630-833-7688** or **Cyclejoey@aol.com** and help out with the EBC's most important annual event.

DuPage County Releases Update of Regional Bikeway Plan Map

DuPage County announced release of their 2002 DuPage County Regional Bikeway Plan Map in February. The map, prepared at the request of area bicyclists and the DuPage County Division of Transportation, is an update of the map which accompanied the countywide bikeway plan adopted in 1996. The first side of the map shows existing and proposed bikeway facilities based on information collected from DuPage municipalities, park districts, the Forest Preserve District and others. The second side identifies facilities such as trails, routes and roads that users may ride on today (roads suitable for bicycling and existing bikeway facilities). This information is based on a Summer, 2002 update by the DuPage County Regional Planning Commission.

This map is intended for use by bicyclists and citizens, and identifies some local destinations that bicyclists may want or need to access such as train stations, schools and colleges, and major shopping centers.

Copies may be obtained by contacting the DuPage County Regional Planning Commission at 630-682-7230 or the DuPage County Division of Transportation at 630-682-7318.—Submitted by Deborah Fagan

Greater Madison Rides

Memorial Day Weekend, May 24-26, 2003



The rides that really cut the mustard—or at least visit it! Plan to join ride leader Larry Gitchell for another series of delightful and challenging rides in and around Madison, Wisconsin, including a reprise of our Mount Horeb Mustard Museum ride. Larry Gitchell 708-409-0105 or LarsofMars@aol.com

Door County 2003



For those of you that are interested we are attempting to plan another bicycle ride in Door County. The tentative dates are May 31 thru June 4th. This trip will start on a Saturday which hopefully will give people who work a chance to at least come and ride with us on the weekend. We will be staying at the same place—The Pine Grove Motel, and we are still in the pre-season fee range approximately \$185.00.

If you are interested please either e-mail or call me so that I can see if there are enough people who would like to go at that time. Talk to someone who went last year, we had a great time, I have pictures if you would like to see them.

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

Illinois Amishland Ride

June 21-28th



We will be going to Illinois Amishland—The Arcola, Arthur, Atwood area, which is just south of Champaign. We will be staying in local motels. If you are interested in making this trip call **Mike Struglinski** at **708-246-2089**

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 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: 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)

March 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., 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	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.
	9:30 AM	2 hour hike			
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	9:30 AM	20 miles 10-12 mph	McCullom Park Downers Grove	Carol Nield 630-964-2488	Ride to Brookeridge Aero Community. Bring snacks. McCullom Park located at 67 th and Main Streets in Downers Grove.
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	45 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105	"High Wheels To High Wheeler 03" Ride to the Model Railroad Show at Harper College in Palatine. Show admission \$5.00. Bring a lock. Road and paved trail ride.
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.
Sat., Mar 8	8:30 AM	Meet for coffee at Funny's Restaurant	Historical Museum parking lot off of Romeo Rd.	Susan Kilgore 630-515-1865(H) 312-727-3597(W)	Centennial Trail Hike at Isle ala Cashe – Romeoville. Distance is 6 miles with the option to turn around at any point. Meet at 8:30 a.m. for breakfast at Funny's Restaurant located at the corner of Route 53 and Romeo Road. Hike meets at the Historical Museum on Romeo Road.
	9:30 AM	2 hour hike			
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.
Tues., Mar 11	9:30 AM	16 miles 8-10 mph	McCullom Park Downers Grove	Carol Nield 630-964-2488	Ride to the park that Beanie Babies built in Westmont. Bring snacks.
Tues., Mar 11	7:00 PM	Board Meeting	Ed Curtin's House	Ed Curtin 847-981-1677	Monthly Board Meeting

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.

2002 EBC Awards Program

The 2002 Awards Presentation was held at the February Club Meeting, and members received the following awards.

Ride Leader Jerseys were awarded to:

Mary Jo Bolan	17 rides	Betty Bond	37.5 rides	Walter Chlipala	81 rides
Charlie Mikesell	48 rides	Ted Sward	76.5 rides	Dave Polkow	98 rides

Patch Award Program for club members who complete at least one ride each of 25, 50, 62, & 100 miles in one year. Any ride that is listed in the ride calendar or on the hotline that meets the four distances will be eligible for credit towards a patch.

Patches were awarded to:

Bill Angevine	Don Augustyn	Mary Jo Bolan	Betty Bond	Paul Boyce
Walter Chlipala	Ed Curtin	Ray Dal Lago	Joanne DeZur	Joanne Dybala
Lou Fish	Sharon Ganske	Larry Gitchell	Jim Gross	Jim Hennig
Ellen Johnson	John Kaczmarczyk	Kevin McCauley	Charlie Mikesell	Helmut Neumann
Carol Nield	John Park	Dave Polkow	Roland Porter	Jerry Radek
Bob Sack	Karen Zenisek	Al Stanke	Jeff Stlaske	Ted Sward
Jeanne Whiting				

Total Mileage Program—Recognition will be given to every club member that rides 500 or more miles for the year. Only club miles are counted. Certificates and T-shirts will be awarded. Awards were given based on the following mileage:

Certificates were awarded to:

Hank Niedballa	507	Mary Sue Coates	522	Karen Schwartz	533	Mary Lou Rauh	564
Frank Amorosi	637	Laura Sanborn	671	John Erickson	725	John Jacus	733
Marge Ricke	735	Karen Zenisek	751	Rich Barrans	796	Janet Koludrovic	843
Jim Gross	874	Helmut Neumann	928				

Certificates and T-shirts were awarded to:

Jeff Stlaske	1018	Leo Engstrom	1020	Rosemarie Kline	1028	Carole Danillo	1031
Joanne Dybala	1109	Bill Angevine	1122	Jeff Wincentzen	1176	Joanne DeZur	1185
Rich Kuhlman	1202	Larry Gitchell	1205	Mary Jo Bolan	1232	Ellen Johnson	1247
Mary Moroney	1338	Isaac Samayoa	1341	Jerry Fish	1375	John Kaczmarczyk	1426
Ed Curtin	1439	Marty Kotecki	1488	Petra Hofmann	1506	Freda Brown	1535
Richard Diebold	1557	Paul Boyce	1561	Ray Dal Lago	1867	Chuck Ziemer	2013
Betty Bond	2041	Jerry Radek	2067	Gerry Fekete	2095	John Park	2298
Charlie Mikesell	2334	Dave Polkow	2443	Kevin McCauley	2478	Al Stanke	2548
Jeanne Whiting	2637	Carol Nield	2653	Don Augustyn	2708	Sharon Ganske	2890
Lou Fish	3117	Jim Hennig	3170	Ted Sward	3401	Bob Sack	3451
Walter Chlipala	5547						

A \$10.00 gift certificate was awarded to the new club member that rode the most miles for the year: Kevin McCauley, 2478 miles.

Editor's note: Page 6 of this newsletter contains a survey form. Please read the following letter from Dr. Helen Iams for instructions—Larry

Cyclist,

Thank you for filling this out! The purpose of this survey is to gather information about the medical problems of cyclists. There is actually very little research about cyclists in the medical literature. The more information available about cyclists and their health, the better the medical community can care for cyclists. By filling out this survey, you are helping me build a medical database about cyclists.

This survey is strictly confidential. I will be careful with all the information. All identifying data at the top of the survey will be removed and destroyed as soon as I review your survey and am sure that I understand your responses. Your honesty will help me a great deal. Please mail the survey to me at 4840 Fairview Avenue, Downers Grove, IL 60515

I will be calculating the rates that serious health problems and risk factors occur in cyclists. I will compare these rates to the rates of illness and risk factors occur in the general population and see if there is a difference. If you want to know the results of my work, I will gladly send you a copy when it is complete. Email me at hdiams@yahoo.com and ask for the primary care survey results.

Thank you for your time.

Helen Iams, MD, MS
Family Practice Resident
Hinsdale Hospital, Hinsdale, IL

Medical History

First Name Only: _____ Home phone: _____

Race Age: _____

Type of racing: Road Mountain Track Cyclocross

Category: men women junior male junior female

USCF: pro 1 2 3 4 5 30+ 40+ Pro

NORBA: Beginner Sport Expert SemiPro

Have you been diagnosed with any of the following? (please circle)

Cardiac	Lung	Endocrine
High blood pressure	Asthma	Diabetes
Murmur	Chronic Bronchitis	Thyroid Disease
Irregular Heart Beat	Pneumonia	Gout
High Cholesterol		
Heart Attack		
Coronary Artery Disease		
Gastrointestinal	Infections	Psychiatric
Ulcers	Rheumatic Fever	Depression
Heartburn/reflux	Scarlet Fever	Anxiety
Stomach Cancer	Mononucleosis	Mania
Diverticulosis	Malaria	Panic Attacks
Liver Disease	Chlamydia	Excessive Worry
Jaundice	Hepatitis	Difficulty Sleeping
Pancreatitis	Herpes	Other
Polyp	Syphilis	
Constipation	Other	
Hemorrhoids		
Other		

Urinary	Reproductive	Neurology
Kidney Stones	Impotence	Concussion
Urinary infections	Enlarged Prostate	Epilepsy
Urinating at night	Difficulty Urinating	Migraine
Leaking urine with cough	Abnormal PAP smear	Seizure
Incontinence		Severe Headaches
		Strokes

Allergies	Skin	Rheumatology
Iodine	Saddle Sores	Arthritis
Peanuts	Melanoma	SLE (Lupus)
Insects	Psoriasis	Connective Tissue Disorder
Dust/mold/pollen	Eczema	
Pets	Pilonidal Cyst	
Medications	Sunburn that blistered	

Eyes	Hematology/Oncology	Other?
Glaucoma	Bleeding/Abnormality	
Cataracts	Cancer of any kind	
Lasik surgery	Anemia	
	Sickle Cell Anemia or Trait	
	Thalassemia	
	Nosebleeds, gums bleeding	

Medical History (continued)

When was your last tetanus booster? _____

Have you ever passed out or been dizzy during or after exercise? No Yes

Have you ever become ill from exercising in the heat, including cramps? No Yes

Has any family member or relative died of heart problems or of sudden death before age 50? No Yes

Has a physician ever denied or restricted your participation in sports for any heart problem? No Yes

Have you ever been knocked out, become unconscious, or had a head injury? No Yes

Have you ever had a stinger, burner, or pinched nerve? No Yes

Do you cough, wheeze, or have trouble breathing during or after activity? No Yes

Do you use any special protective or corrective equipment or devices that aren't usually used for cycling?
 Orthotics _____ Knee brace _____ Other _____

Have you had any problems with your eyes or vision? No Yes

Have you ever had a sprain, strain, or swelling after an injury? No Yes
 Did you get physical therapy? _____

Have you broken or fractured any bones or dislocated any joints? No Yes

Have you ever been hospitalized overnight? No Yes

Have you ever had surgery? No Yes

What medicines do you use? _____

What over-the-counter (non-prescription) medicines do you use? _____

What herbal products do you use? _____

Do you try to lose weight during racing season? No Yes

Have you ever used any dietary supplements to lose or gain weight? _____ Which ones? _____

Have you ever used any supplements or vitamins to enhance your performance? _____

Do you have any tattoos? No Yes

Do you have any body piercing besides earrings? No Yes

Do you use: Cigarettes Cigars Pipes Chewing Tobacco

How much alcohol do you consume in a week? _____

Do you use recreational drugs? No Yes

Women only: How many periods did you have last year?? _____ When was your last PAP smear? _____

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Mar 12	9:30 AM	25 to 30 miles 10-12 mph	Atten Park Wheaton	Sharon Ganske 630-462-3734	Explore the Wheaton area. Atten Park is located .7 miles N of Butterfield off of Weisbrook.
Wed., Mar 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., Mar 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.
Thu., Mar 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 Road, Elmhurst Program: Presentation by Giant Bicycle Sales Rep along with a look at some 2003 bikes.
Sat., Mar 15	8:30 AM	3 hour hike	Argonne National. Lab Northgate parking lot off of Cass Avenue.	Susan Kilgore 630-515-1865(H) 312-727-3597(W)	IDES OF March Hike, <i>The Final Exam</i> at Waterfall Glen. We will hike the entire route around Argonne Nat'l. Lab. Bring snacks and water and be prepared for 3 hours or MORE of walking. Park at the Northgate parking lot off Cass Ave., south of I-55. Note: If the ground is snow covered, call Susan before 7:30a.m. Saturday.
Sat., Mar 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.
Sun., Mar 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., Mar 16	10 AM	10 miles 10 mph	Schaumburg Municipal parking lot, Schaumburg	Freda Diebold 847-891-6010	Enjoy a relaxed trek to Spring Valley Nature Center, Schaumburg. Enjoy strolling through the Nature Center and seeing syrup made as in the old days. Meet in the Municipal Center parking lot. If you have access to the internet and Mapquest, enter this address for directions; 101 Schaumburg Court, Schaumburg, IL 60193-1899. Go North on I-290/Rte. 53 to Higgins Rd. Exit West on Higgins and go to Plum Grove Rd. Turn left and go South to Schaumburg Rd. Turn right and go West to Prairie Center Dr.
Sun., Mar 16	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.
Tues., Mar 18	9:30 AM	15-20 miles 8-10 mph	Fullersburg Woods FP parking lot off Spring Road	Mary Jo Bolan 630-887-9652	Ride to Panera Bread in Downers Grove.
Tues., Mar 18	6:30 PM	1.5 hr. hike	Villa Park Depot Villa Park	Kacy Worcester 630-941-8532	Full Moon Hike along the IPP. Cancelled if raining.
Wed., Mar 19	9:30 AM	30-35 miles 10-13 mph	Villa Park Depot Villa Park	Walter Chlipala 630-832-9390	Ride to the Deerfield Bakery. Bring snacks or enjoy bakery goods.
Wed., Mar 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., Mar 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.
Fri., Mar 21	6:00 PM	2 mile hike	IPP at Westmore/ Meyers Road Lombard	Judy Mikesell 630-833-1036	Monthly Ethnic Dinner Hike on the IPP to dinner at an Irish Pub in Lombard. Directions: Take either St. Charles Rd. (turn South) or Roosevelt Rd. (turn North) to Westmore/Meyers (Westmore is about 2 miles West of Rt. 83). Parking lot West side of street— just south of the 7-11.
Sat., Mar 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.
Sun., Mar 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., Mar 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., Mar 25	9:30 AM	17-19 miles 8-10 mph	Spring Rock Park Western Springs	Gerry Fekete 708-352-0913	Ride to Riverside. Stop at Grumpies.
Wed., Mar 26	9:30 AM	25 -30 miles 10 -12 mph	Spring Rock Park Western Springs	Mary Jo Bolan 630-887-9652	Ride to Krispy Kreme for a donut.
Wed., Mar 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.

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
Wed., Mar 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.
Sat., Mar 29	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 30	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 30	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., Apr 2	9:00 AM	25 miles 10-12 mph	McCullom Park Downers Grove	Carol Nield 630-964-2488	This will be a scouting ride on the Woodridge bike paths and Southern DuPage County Regional Trails. Bring snacks.
Wed., Apr 2	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., Apr 2	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., Apr 5	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., Apr 6	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., Apr 6	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.



Women's Clothes....Why do the guy's always get the cool jerseys? This is changing! With over 45% of the bike riders in the US being women, clothing and accessory manufacturers are taking notice.

Most of the mainline manufacturers are now offering some women's sized designs. These include Pearl Izumi (www.pearlizumi.com), Louis Garneau (www.louisgarneau.com), Giordana (gitabike.com) and Sugoi (www.sugoi.ca). The exciting changes are at a number of specialty manufacturers who are adding wild jerseys and shorts to their women's lines. The wildest of the wild are the offerings from Primal Wear (www.primalwear.com) Be sure to check out their "Women's Wild Jerseys" page on their web site. One of the nicest things about this line is that they have shorts to match most of their jerseys. These are available on-line from their excellent web store at (www.behindthebars.com).

Precaryous (www.precaryous.com), long known for their outrageous t-shirts is now offering some really wild jerseys in their "Biker Chick" line. Salsa Cycles (www.salsacycles.com) has a group of jerseys and matching sport tops based on their popular Red Hot Chili Pepper designs. On Your Left Passing Gear (www.onyourleft.com) has some great women's Jerseys at very reasonable prices. Sheebeest (www.sheebeest.com) is another company specializing in women's clothes for cycling and other active sports.

There are a number of catalog merchants catering specifically to women. Title 9 Sports (www.title9sports.com) has cycling plus many women's active sports lines. Team Estrogen (www.teamestrogen.com) carries a wide variety of women's clothing especially for cycling. Venerable Terry (www.terrycycles.com) has long specialized in women's cycling but their clothes tend to be somewhat subdued.

The big name catalog merchants such as REI (www.rei.com), Colorado Cyclist (www.coloradocyclist), and Performance (www.performancebike.com) all carry some women's clothes, but I really suggest you check out the manufacturers directly to see their complete lines. Most have on-line stores where you can order directly or links to www sites that carry their complete line.

NEXT MONTH: Answers to unusual cycling questions and information you didn't know you needed.

Submitted by **Rich** (Bike'n at the speed of the internet) **Kuhlman**

Greetings All

I hope the warming trend is on its way .

I wanted to take a moment to give an update for all those interested in EBC tyvek jackets. So far to date we have a total of 38 jackets ordered, which means, we need 12 more to make the minimum order. (Over 50 is GOOD too)

So for all those that are still on the fence, now is a good time jump off and ride in style.

The other good news is ,the multi cyclists style 6001 has not gone to print and this will give us more time to reach our goal.

So contact me **Bill Angevine** at **Zippy928@hotmail.com** or **Sharon Ganske** at **630-462-3734**

Spring is just around the corner !

I can smell the dogwoods from here !



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

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



This year again **Ed Curtin** did a wonderful job planning our annual UP Ski Trip. We had a great turn-out, even with the unfortunate turn of events for **Lou, Jerry, Betty and Jerry** we still had 28 people. We must have made a good impression regarding our previous trips to obtain so many new people.

U.P. Ski 2003

ple did downhill along with the rest of us cross-country. Their warming house is very large and beautiful so that after you decided to quit skiing you could take a nap by one of the many fireplaces or play a game of dominos or scrabble. Cocktail party, dinner, and dominos as usual followed in the motel lobby.

Everyone arrived in one piece on Sunday with **Vickie, Deirdre, Al** and **John K.** coming up early to do some down hilling. There was plenty of snow for us to start out on Monday at ABR and as usual they had the trails groomed beautifully. We had a little (we thought) injury with **Dick Diebold** twisting his ankle as his skis stuck going down a steep hill. In the days that proceeded that seemed to be the only complaint with the temperature being lower than past years a lot of people had to wax their skis and did have problems sticking at various points on the trails. Dinner at Elk and Hound was fine. **Ed Curtin** brought with what later became his infamous "water bottle" and we managed to play the evening domino competition with a short hike since it had started to snow.

Tuesday morning what had started out last night had ended with 19 inches of snow. We had to shovel out the cars while Morgan tried to plow enough of the parking lot for us to get out. Since the originally planned Milje's and Wolverine were not about to be groomed we headed back to ABR in the afternoon. All that snow did slow down the skiing a bit and our "Senior Olympics Next Year" skier **Mary Jo Bolan** decided to try a few of the more difficult trails - successfully I might add. Cocktail party, dinner and of course dominos followed.

Wednesday we headed out earlier to Porkies where some peo-

Thursday we were back at ABR with quite a wind and a temperature which **Carol Nield** thought was a warm 12, she had managed to miss the minus dash in front of the number (-12) ABR always does a great job of grooming however they were fighting the winds and even though we had a good time, some of the trails disappeared as soon as we skied on them. Our new ski member, **Joanne D** - yes there are two of us - really fell in love with snow-shoeing and tried it again today. **Al, Kacy, John C.** and **Diane** decided to take a ride to Bayfield, unfortunately they could not drive across the Superior to the island as they had intended. **Al** and I were the only ones going to the Black River Casino after dinner but we returned (**Al** a winner - me a loser) in time for cake and ice cream as a thanks to **Ed** and a closing to our week.

When later you see the pictures on the website, you might notice someone you do not recognize. We met a man named Bob from Crystal Lake at the motel and since he was alone we invited him to join us for dinner and skiing. He has offered us breakfast if we do our Prairie Path Century up to his house.

Everyone, I am happy to say, made it home safely and **Dick** turned out to have a hair-line fracture of the ankle, now in a cast. You may want to consider joining us next year, as you can see it is a fun time. **Joanne DeZur**