

Board Members

President

Bob Sack

630 323-5711

judy8831@aol.com

Vice President / Ride Captain

Ed Curtin

847-981-1677

curtine1@attbi.com

Secretary

Sharon Ganske

630-462-3734

Ganskesh@hotmail.com

Treasurer

Chuck Ziemer

630-323-8083

cziemer2@earthlink.net

Membership

Ellen Johnson

630-521-3367

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

Database Manager

Mary Moroney

630-629-1812

cycling33@attbi.com

Programs

John Park

John1park@aol.com

Publicity

Open

List Server

Marty Kotecki

630 620-6434

orionradion@msn.com

Route Librarian

Rich Kuhlman

630-462-5427

rkuhlman99@attbi.com

Metro Metric

Joanne Dezur

630-833-7688

Cyclejoey@aol.com

Safety

Ted Sward

708-354-5782

Newsletter Collating

Judy Mikesell

630-833-1036

mikesell2@juno.com

Sergeant at Arms

Mike Struglinski

We were a super success in the Lombard Lilac Parade!!

Bob Sack lead some of the group in some neat looking 'precision' biking. The crowd seemed real pleased watching them.

The Shriners better watch out!

Elaine Dow's son-in-law and grandson, Ron and Josh Fugle rode their unicycle and special bike and they too, were crowd pleasers.

It was just plain..... A LOT OF FUN !!

(Continued on page 2)



Cue Sheet

June 2003

Over 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—Reminder Time! (group Riding).

Here are some additional tips which will help make group riding safer and more enjoyable. Rides without "crashes" are always more enjoyable.

1. Ride single file—as our local roads become increasingly congested we should strive to make single file riding the **norm** rather than the exception.
2. Do not ride ahead of the Ride Leader—the Ride Leader is responsible for both the route AND THE PACE. Getting ahead disrupts both functions.
3. When stopping, pull COMPLETELY over to the curb (touching). On trails move COMPLETELY off of the trail.
4. "Car Back"—if you are riding two abreast and you hear the call "Car Back", this is not ADVISORY, it is a MANDATORY signal to immediately pull into single file. If there are two people side by side in front of you, drop back and leave space in front of you so that the outside rider can immediately return to the correct single file.
5. Do not pass people on the right—If you need to pass someone on the right, say "ON YOUR RIGHT" clearly since this is an unusual maneuver when riding in a group. Riders do not anticipate passing on their right.
6. Do not call "CLEAR"—when passing through intersections or crossing roads some riders say "CLEAR" if there is no cross traffic. This is a dangerous practice that should be abandoned. It encourages riders to follow the leader, letting others do their thinking for them. Each rider is responsible for verifying that the way is indeed clear.

AND SUCH—Touring—Thoreau had it right—almost. "I went to the woods because I wished to live deliberately, to front only the essential parts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived." Replace "went to the woods" with "am going on a bike tour", and what argument is going to work against that?—*from Adventure Cycling Magazine.*— **Ted Sward 708-354-5782**

Sharing the Road for Safety: A Real Life Example

In April three members of the club unfortunately had a bad experience at the Silver Springs 60 ride that might have been avoided if they had all been riding single file. Two members were riding along side by side talking and did not move over quickly. When they did finally let the car pass, the occupant of the car threw a bottle at the third club member's bike. This caused the third member to fall and get hurt. While nothing justifies the behavior of the car occupant, it just might have been better if the first 2 riders had resumed riding single file as soon as they were aware of the car behind them. I know both of the riders were really sorry about what happened and wished that they had been riding single file.

At the April club meeting both **Ted Sward** and **Laura Kuhlman** talked about the importance of sharing the road. By riding single file on busy roads or quickly resuming riding single file when a car approaches, we are telling drivers that we want to share the road with them. As a club, we have a great opportunity and a responsibility to set the right example for both drivers and other bike riders.—Submitted by **Sharon Ganske**

New Spokes on the Wheel
 Compiled by Database Manager
Mary Moroney
 and Membership Chairperson
Ellen Johnson

DONNA & LEE BUCHHOLTZ
 WINFIELD
 donnahomeagain@aol.com

BOB DENKER
 ELMHURST
 rdenker955@aol.com

MARYLOU METZGER
 HINSDALE
 mism72@aol.com

ELAINE NISSEN
 GLEN ELLYN
 emnissen@core.com

ROMAN & CARI SZCZESNIAK
 WOODRIDGE
 rsjengineering@yahoo.com

RUDY WINFREY
 CHICAGO
 margiehallwas@sbcglobal.net

We're growing every month!

<u>Type</u>	<u>Memberships</u>	<u>Members</u>
Family	67	163
Individual	157	157
Total	224	320

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

June Meeting

Thursday, June 12th, 7:00 PM

At

Community Bank of Elmhurst

—Program—

Michael H. Wasserman, Attorney at Law,
 shares his wisdom on cycling related injuries.

Upcoming Programs

—July—

Dr. Sharon Garvey, Chiropractor

—August—

Robbie Ventura of the United States Postal Service Pro Cycling Team.

Collating Party

Friday, June 27th at 7:00 P.M.

At the home of **Judy** and **Charlie Mikesell** in Villa Park

Call Judy at 630-833-1036 for details

Deadline Pressure

The deadline for submissions to the July 2003 Ride Schedule is June 14th, the second Saturday of June. 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 July 2003 Cue Sheet is Monday, June 16th.

Send items to:

Larry Gitchell

315 E. Palmer Ave.

Northlake, IL 60164-1843

Phone: **708-409-0105** or **708-421-0120** (both lines have voicemail)

Email: **LarsofMars@aol.com**

(Continued from page 1)

A big thank you to all those riders who attended—Jim Gross, Al Stanke, Bob Sack, Jerry Ringier, Kay Veverka, Jerry Fish, Lou Fish, Mary Maroney, Gerry Fekete, Helmut Neumann, Chuck Ziemer, Shirley Ziemer, Walter Chlipala, Sharon Ganske, John Jacobsen, Charlie Mikesell, Linda Park, John Park, Rosie Kline, Petra Hofmann, Chris Oszak, Dick Major, Gary Littlefield, Brook Littlefield—and Betty Bond. We can be very proud of ourselves.

We are excellent Elmhurst Bike Club representatives.—Betty

The TIRE BITER PALE ALE RIDE is back!



Laura and Rich are starting up this Friday afternoon ride again this year. It leaves from our house in Winfield and is usually 30-35 miles in length followed by a cool Tire Biter Pale Ale afterwards to celebrate the 16-18+ mph workout. Routes vary throughout the western suburbs, so if you have summer flex time or are just playing hooky from work on a Friday afternoon come out and join us. **Laura and Rich Kuhlman 630-462-5427**

METRO METRIC XXIII

As usual we will be attempting to have an every length route pre-ride the Saturday before the Metro Metric XXIII. So far we have volunteers to lead an average 10-12 mph century (this will be done in two parts 55 miles and 45 miles for people who would like to try a century but are not sure that they could complete it) and also for a faster century.

I am looking for volunteers to lead our other routes of 23, 41, and 65 miles. We probably will not need anyone to lead the new shorter route of 5-1/2 miles but if you are interested in bringing your kids with and doing it, that would be fine.

Please contact me by the June meeting so the names and speeds can be entered in the July Newsletter for the July 19th Pre-Ride. **Joanne DeZur 630-833-7688, cyclejoey@aol.com**

Earth Day Cleanup 2003

The Fifth Annual Elmhurst Bicycle Club Celebration of Earth Day and IPP cleanup was a rousing success. Twenty-six members and three students from St. Francis High School volunteered to help cleanup a one-mile section of the Great Western Trail between Gary Avenue on the West, and Schmale Road on the East. The volunteers formed two groups and with work gloves, trash bags, ski poles, walking sticks and various other tools to help pick up trash started off on their assignment. One group started at Gary Avenue and worked east, while the second group started at Schmale Road and worked West. Two hours later the two groups met in the center of the one-mile section.

A very much appreciated *Thank You* to all the volunteers;

Paul Boyce	Karen Porter	Sophia Hausen
Mary Moroney	Ted Sward	Jeanne Whiting
Al Stanke	Jerry Ringier	Betty Bond
Lew Worthen	Neil Parsons	Cathy Tighe
Arron Beck	Beth Beck	Gordon Russell
Roland Porter	Ken Haas	Gerry Fekete
Tim Jack	John Park	Mary Park
Sharon Ganske	Tom Engel	Nick Maggio
Dick Major	Charlie Mikesell	Judy Mikesell
Bob Sack	Cheri O'Riordan	

Submitted by **Ed Curtin**

BIKE CLUB INVITATIONALS—JUNE

There are lots of opportunities in June to support other bike clubs by attending their Invitational Rides. Here is a current list of the area Invitationals for June:

Sunday June 1	Udder Century	McHenry Co. Bike Club Union, IL	847-587-6234
Sunday June 1	Tour de Cure	DuPage Co. Ride Wheaton, IL	312-346-1805
Sat & Sun June 7-8	TOMRV	Quad Cities Bike Club Bettendorf, IA	563-388-8043
Sunday June 8	BCLC	Bicycle Club of Lake Co. Wilmot, WI	847-604-0520
Sunday June 15	Bike the Drive	Chicago Bike Fed. Grant Park	312-427-3325 x23
Sunday June 15	Windy 60	DeKalb Bike Club DeKalb, IL	815-758-1562
Sunday June 22	Swedish Days	Fox Valley Bike Club Burlington, IL	630-584-7353
Sunday June 22	Tour de Cure	Lake Co. Ride Grayslake, IL	312-346-1805

Remember to keep track of your "Invitational Miles" and turn them in to **Carol Nield** at the end of the biking season. **Carol** will be acting as the EBC Bike Club Invitational Coordinator. Call **Carol** at **630-964-2488** to let her know you plan to do an invitational and/or to find out what other club members are going so you can meet up with them at the ride or car pool if convenient.

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: Bike Pro USA bike case for sale. Used twice in excellent shape, includes wheel bags. Case sold through Colorado Cyclist for \$380 plus \$34 shipping. Asking \$325 Dimensions: 46 x 30 x 10 Will fit bikes with seat tube of 23" or smaller. Check out website <https://www.bikeprousa.com/> to properly size it. Case too small for my bike. **708-344-9847** home **847-632-3881** work **Zyg** (03/03)

For Sale: Burley Trailer, red and yellow, low mileage, excellent condition, folds flat for ease of storing, holds 2 children to 100 lbs. (Pictured at right) \$250 firm contact **Bob Jarosz 708-485-1962** or E-mail at **PHILKERNEY@AOL.COM** (05/03)



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)

Wanted: Good Quality Road Bike. About 58CM size. Must have brake/shift combination. Email info to Dave Fish dave_fish@attbi.com. (5/03)

For Sale: Men's road/racing bike, MINT condition, Trek 1200 aluminum frame, tall person frame, RX100 Shimano componentry, Vetta seat, includes manual, toe clips and step-ins, never used bike shoes size 12, paid \$650 asking \$425 Call 630-224-0152, ask for Lee (5/03)

For Sale: Avocet Cross II folding tires, brand new, black tread/gray sidewall Cost \$40.00 each. 3 tires 700x38 for \$60.00 and 3 tires 26x1.5 for \$60.00. Great touring/Trail tires with a folding spare. Cannondale rear panniers, black, brand new, Cost \$140.00 sell for \$50.00. Call **Laura** or **Rich Kuhlman 630-462-5427** (6/03)

June 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
Wed., May 28	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Wednesday Night Fast Pace Show and Go. The riders that show will decide ride leader, distance and pace.
Sat., May 31			Pine Grove Motel Door County, WI	Joanne DeZur 630-833-7688	Door County Ride—This four day bike trip starts on Saturday from the Pine Grove Motel in Door County, WI
Sat., May 31	9:00 AM	65 miles 16-18+ mph	LeRoy Oaks FP St. Charles	Rich Kuhlman 630-462-5427	Ride through Kane and McHenry County farm land to Union for a short break and then return to LeRoy Oaks. Listed speed will be the average at the end of the ride not the maximum. Bring money or snacks.
Sat., May 31	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 Avenue just East of York Road and just South of the Prairie Path.
Sun., June 1	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave's weekly Sunday morning ride. The ride will finish by 11AM. Bring snacks for one rest stop.
Sun., June 1	8:30 AM	25 miles 12-14 mph	Big Apple Bagels Elmhurst	Freda Brown 847-891-6010	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., June 1	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., June 2	6:00 PM	TBD 14-16 mph	Elmhurst Depot	Larry Gitchell 708-409-0105	Route TBD (To Be Determined)
Tues., June 3	9:00 AM	20 miles 8-10 mph	Lake Katherine Nature Center	Chuck Ziemer 630-323-8083	New Adventure Ride—Ride paved trails through the far Southwest Suburbs. Lake Katherine entrance is on Route 83, 0.5 miles East of Route 7 and one block East of 76 th Avenue. Entrance is on the North side of Route 83. Drive into the parking lot.
Wed., June 4	8:30 AM	62 miles 12-14 mph	Linne Woods FP parking lot	Jerry Radek 847-673-8159 (Joint ride with Evanston Bike Club.)	North Shore Mansion Ride—Ride bike trails and open roads through North Shore suburbs including the Northbrook Velodrome and Lake Forest mansions. Weather permitting, lunch in park overlooking Lake Michigan in Lake Bluff. Bring lunch or take out from Bluffington's restaurant in Lake Bluff. Directions: Take I-294 North to Dempster and exit East. Go approximately 4 miles to Lehigh Ave., cross RR tracks and turn left into Linne Woods FP across from McDonalds.
Wed., June 4	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple Street and Park Avenue, Lombard	Tim Jack 630-782-0107	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersection of Maple St. and Park Ave. just East of the Helen Plum Memorial Library and Lilacia Park.
Wed., June 4	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Wednesday Night Fast Pace Show and Go. The riders that show will decide ride leader, distance and pace.
Fri., June 6	1:00 PM	30-35 miles 16-18+ mph	Kuhlmans' house 1 S. 110 Normandy Woods Lane, Winfield	Laura & Rich Kuhlman 630-462-5427	Tire Biter Ride A quick ride through the western suburbs to celebrate the start of the weekend, followed by a cool Tire Biter Pale Ale on the patio.
Sat., June 7	7:30 AM	20-25 miles 10-12 mph	Villa Park Depot	Walter Chlipala 630-832-9390	National Trails Day—Ride to Meacham Grove FP to celebrate the new Meacham Grove Bridge
Sat., June 7	8:00 AM	35-40 miles 14-16 mph	Depot Elmhurst	Rich Kuhlman 630-462-5427	National Trails Day (See above for description)
Sat., June 7	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	See Saturday, May 31st listing for details.

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
Sun., June 8	6:30 AM 8:00 AM	100 miles 50 miles	Big Apple Bagels FermiLab— parking lot at Batavia Rd. entrance.	Dave Polkow 630-832-8131 Rich Kuhlman 630-462-5427	Kaneville Fireman's Pancake 50/100 Dave & Rich's annual century ride to Kaneville Volunteer Firemen's Pancake Breakfast. Ride the full 100, Elmhurst-Fermi- Kaneville- Fermi-Elmhurst or 50, Fermi-Kaneville-Fermi loop. Bring money for pancakes and rest stops.
Sun., June 8	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave's weekly Sunday morning ride. The ride will finish by 11AM. Bring snacks for one rest stop.
Sun., June 8	8:30 AM	25 miles 12-14 mph	Big Apple Bagels Elmhurst	Freda Brown 847-891-6010	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., June 8	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., June 8	1:00 PM	15-20 miles 8-10 mph	Depot Villa Park	Sharon Ganske 630-462-3734	New Adventure Ride Ride the neighborhoods in Oak Brook. Paved trails or roads. A few blocks on streets with traffic.
Mon., June 9	6:00 PM	TBD 14-16 mph	Depot Elmhurst	Larry Gitchell 708-409-0105	Route TBD (To Be Determined)
Tues., June 10	9:00 AM	18 miles 8-10 mph	Katherine Legge Memorial Park Hinsdale	John Jacus 630-323-8668	New Adventure Ride Ride through Burr Ridge and Hinsdale. All streets. No trails. KLM is at 6001 S. County Line Rd. in Hinsdale.
Tues., June 10	7:00 PM	Board Meeting	Bob Sack's house	Bob Sack 630-323-5711	Monthly Board Meeting
Wed., June 11	9:00 AM	50 miles 12-14 mph	Yankee Woods FP	Leo Engstrom 708-598-6930	Ride to Manhattan A paved road ride to Manhattan and Kirby Bakery for lunch. Directions: Drive South to 159 th Street. Go Left (East) to Central Avenue (5600 West) turn Right (South) 3/4 mile to the parking lot entrance on the right.
Wed., June 11	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple Street and Park Avenue, Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersection of Maple St. and Park Ave. just East of the Helen Plum Memorial Library and Lilacia Park.
Wed., June 11	6:30 PM	Ride Leader, Dis- tance, & Pace TBD	Gazebo Glen Ellyn	Show & Go	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Thu., June 12	7:15 PM	Monthly Club Meeting	Community Bank of Elmhurst	Bob Sack 630-323-5711	Monthly club meeting at the Community Bank of Elmhurst, located at 330 W. Butterfield Road at the corner of Spring road and Butterfield Road, Elmhurst
Fri., June 13	8:00 AM	40-45 miles 12-14 mph	Depot Elmhurst	Joanne Dybala 630-493-1514	Ride to the Farmer's Market in Schaumburg to hear Mark Dvorak sing.
Sat., June 14	8:00 AM	65 miles 18-20+ mph	Depot Elmhurst	Dave Polkow 630-832-8131	Ride to Deer Grove FP. Bring snacks and/or money. Ride should finish by 1PM.
Sat., June 14	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go See Saturday, May 31st listing for details.
Sat., June 14	9:30 AM	20 miles 10-12 mph	Illinois St. (E. of Rt. 31 W. of river in Park Dist. lot S. side of street) Aurora	Judy Mikesell 630-833-1036	Dragon Boat Races We will spend some time in St. Charles enjoying the "Pride of the Fox River Fest" which includes the Dragon Boat Races and water ski shows. This is a great family ride. Bring snacks, picnic or money.
Sun., June 15	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave's weekly Sunday morning ride. The ride will finish by 11AM. Bring snacks for one rest stop.
Sun., June 15	8:30 AM	25 miles 12-14 mph	Big Apple Bagels Elmhurst	Marge Ricke H:630-616-8481 W:630-543-8607	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., June 15	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. See Sunday, June 1st listing for details.
Mon., June 16	6:00 PM	TBD 14-16 mph	Depot Elmhurst	Larry Gitchell 708-409-0105	Route TBD (To Be Determined)
Tues., June 17	9:00 AM	15-20 miles 8-10 mph	Atten Park Wheaton	Sharon Ganske 630-462-3734	New Adventure Ride Atten Park is located .7 miles North of Butterfield Road off of Wiesbrook Road.
Wed., June 18	9:00 AM	50-55 miles 12-14 mph	Depot Elmhurst	Betty Bond 630-932-0271	Long Grove for lunch We will eat at a local restaurant or you may bring your own and watch the crowds go by as you eat. We will allow just a short time for walking around.
Wed., June 18	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple Street and Park Avenue, Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride See Wednesday, June 4th listing for details.
Wed., June 18	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Wednesday Night Fast Pace Show and Go. See Wednesday, June 4th listing for details.

Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., June 20	6:00 PM	One hour ride before dinner 10-12 mph	Depot Villa Park	Judy Mikesell 630-833-1036	Ethnic Dinner Ride We will ride for about an hour then enjoy dinner at a local independent ethnic restaurant. You will need lights for the short ride back to the start. Bring money.
Fri., June 20	10:00 PM	25 miles 12-14 mph	Gazebo Glen Ellyn	Kathy Wagner H:630-469-3863 W:630-353-5336	Harry Potter Ride A night ride to Borders in Danada to partake in the 12:00 Midnight festivities celebrating the release of the newest Harry Potter book. If you pre-order your book, you not only get 40% off but, the store will have our copies there waiting for us. Bring a lock, snack and money. Also, I must insist that you have front and rear lights as we will not be looked for by motorists on the streets at this time of night.
Sat., June 21	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. See Saturday, May 31st listing for details.
Sat., June 21	6:30 AM	100 miles 10-12 mph	Depot Villa Park	Walter Chlipala 630-832-9390	Bring all snacks and lunch. There will not be any restaurant stops.
Sat., June 21 to 28				Mike Struglinski 708-246-2089	Illinois Amishland Ride
Sun., June 22	6:00 AM 8:30 AM 11:00 AM	100 miles 66 miles 33 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Triple Loop Sunday Morning Ride This will be 3 loops of the regular SMR with loops starting at 6, 8:30 and 11:00 AM. Come out for 1,2, or all 3 loops. I will have my van at Big Apple Bagels if you need to store supplies.
Sun., June 22	8:30 AM	25 miles 12-14 mph	Big Apple Bagels Elmhurst	Marge Ricke H:630-616-8481 W:630-543-8607	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., June 22	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., June 22	1:00 PM	15-20 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688	New Adventure Ride
Mon., June 23	6:00 PM	TBD 14-16 mph	Elmhurst Depot	Larry Gitchell 708-409-0105	Route TBD (To Be Determined)
Tues., June 24	9:00 AM	15-20 miles 8-10 mph	Fullersburg Woods FP parking lot off Spring Road	Mary Jo Bolan 630-887-9652	New Adventure Ride Ride around Oak Brook and surrounding towns with a coffee or ice cream stop in Clarendon Hills.
Wed., June 25	9:30 AM	27 miles 10-12 mph	Bennett Park Geneva	Ted Sward 708-354-5782	Riverbend Roundabout with a stop at Al's in Batavia for lunch
Wed., June 25	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple Street and Park Avenue, Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersection of Maple St. and Park Ave. just East of the Helen Plum Memorial Library and Lilacia Park.
Wed., June 25	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn	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., June 27	8:00 AM	60-65 miles 12-14 mph	Jewel parking lot NW corner of Randall and Main in Batavia	Lou Fish 630-668-9446	Ride to Sandwich for a sandwich
Fri., June 27	7:00 PM	Monthly Collating Party	Judy Mikesell's House Villa Park	Judy Mikesell 630-833-1036	Newsletter Collating Party Join fellow members in preparing next month's newsletter. Call Judy for directions.
Sat., June 28	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. See Saturday, May 31st listing for details.
Sat., June 28	8:00 AM	70-80 miles 16-18+ mph	Big Apple Bagels Elmhurst	Don Augustyn 630-832-1763	Ride To Johnson's Mound A fast ride to Johnson's Mound located west of the Fox River. There will be a couple of rest stops. Cancelled if raining.
Sat., June 28	9:30 AM	30 miles 10-12 mph	Prairie Path at Westmore/ Meyers in Lombard	Judy Mikesell 630-833-1036	A path ride to Herrick Lake and Danada. We will explore the new Danada trail that ends at Oberweis. Bring money, snacks or picnic lunch.
Sat., June 28	10:00 AM	65 miles 12-14 mph	Gazebo Glen Ellyn	Jeanne Whiting 630-669-8863	Ride out to Poplar Creek & Busse Woods. The ride will be on roads and paved trails with a fast food lunch stop.
Sun., June 29	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave's weekly Sunday morning ride. The ride will finish by 11AM. Bring snacks for one rest stop.
Sun., June 29	8:30 AM	25 miles 12-14 mph	Big Apple Bagels Elmhurst	Freda Brown 847-891-6010	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., June 29	9:00 AM	20 miles 8-10 mph	Moraine Valley College parking lot	Leo Engstrom 708-598-6930	New Adventure Ride Directions: Take Route 83 South to 107 th Street. Go left (East) on 107 th Street. Go about 5 miles to parking lot entrance on the right.
Sun., June 29	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. See Sunday, June 1st listing for details.
Mon., June 30	6:00 PM	TBD 14-16 mph	Depot Elmhurst	Larry Gitchell 708-409-0105	Route TBD (To Be Determined)
Wed., July 2	9:00 AM	45 miles 10-13 mph	Depot Villa Park	Walter Chlipala 630-832-9390	Ride to Panera Bread in Woodfield
Sat., July 5	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. See Saturday, May 31st listing for details.

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 _____
Delivery of your newsletter by email will be assumed unless Editor is notified otherwise.

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 part 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**

Welcome to June's **Bike'n on the Web**.

This month we are going to look at advocacy and support sites. There is a wealth of information to be found on these sites. First there is a lot of general information about what is going on in the bicycling community covered by these organizations. Check this out yourself so you don't have to rely on your club to let you know support is needed to protect our rights as a cyclist.

If you are planning an out of state bicycle trip the local state advocacy organization is a good place to start. Here you can find things such as, clubs in the state, available maps, cycling events and links to other resources in the state you are planning to visit. The best place to find a list of state advocacy organizations is at the League of American Bicyclists web site at <http://www.bikeleague.org/linksstateadv.htm>.

To make things easy here is a list of some local Midwest organizations.

League of Illinois Bicyclists www.bikelib.org



Indiana Bicycle Coalition	www.bicycleindiana.org
League of Michigan Bicyclists	www.lmb.org/
Minnesota Coalition of Bicyclists	www.mnbike.org/
Wisconsin Bicycle Federation	www.bfw.org

Adventure Cycling at www.adventurecycling.org is a great site for long distance touring information and the Rails to Trails Conservancy, www.railtrails.org, has a separate site www.traillink.com where you can search by state and area for a converted rail trail.

Not to leave mountain bikers out, the International Mountain Biking Association, www.imba.com, is a good reference for mountain biking and is searchable by state for resources.

In closing I would like to make a pitch for all of these fine organizations that work hard to make cycling better for all of us. I believe all active cyclists should at a very minimum belong to their local state organization and really should belong to several of these. Their dues are nominal and their benefits monumental.

NEXT MONTH: Can I find rides and cue sheets on the web? Submitted by **Rich** (Bike'n at the speed of the internet) **Kuhlman**

Upcoming EBC Events		
<u>Dates</u>	<u>Event</u>	<u>For additional information</u>
May 31, 2003	Door county rides, stay 1 to 5 days	Joanne DeZur 630 833 7688
June 21-28, 2003	Illinois Amishland Ride	Mike Struglinski 708 246 2089
July 13-23, 2003	Finger Lakes NY rides	Rich Kuhlman 630 462 5427
July 27, 2003	Metro Metric our main fundraiser	Joanne DeZur 630 833 7688
Mid Sept, 2003	Southwestern Utah Ride	Richard Diebold 847 891 6010