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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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Sergeant at Arms

Mike Struglinski



Cue Sheet

July 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—Pre-ride Checklist:

Wheels—Make Sure wheels are properly installed, running free and true. The brake pads should be centered on the rims. Check tire pressure using a gauge. Are the cones properly adjusted? (push wheels from side to side, They should not be loose.) Are the quick release levers tight? If the wheel wobbles badly check for broken spokes. (or have the wheel trued by your bike shop.)

Headset—Apply pressure to your LEFT brake lever and push the bike forward and backward—there should be little or no looseness in the headset.

Crankset—Check to see that the crank set and pedals are attached properly and the bearing adjustments are correct. (No looseness.)

DO YOU HAVE YOUR HELMET AND GLOVES?

Hydration—Make sure you have plenty of water or your favorite sports drink (or both). Drink frequently (every 15 minutes or more often during hot weather). If you only drink every hour or more and then consume a full water bottle all at once most of that liquid will pass through your body and will not be absorbed into your system. Many people use two bottles—one with a sports drink and one with water. They alternate drinking from each bottle.

DRINK FREQUENTLY AND KEEP YOUR BODY HYDRATED.

2. And Such—Pedaling:

Most important is to make sure your foot is properly positioned on the pedal. The BALL of your foot should be directly over the pedal spindle. As your foot moves over the top of your pedal stroke, lower your heel slightly. As your foot moves downward on the power stroke point your toe slightly and raise your heel slightly. At the bottom of the arc pull back with your foot like you are scraping mud from your sole. This will extend your power stroke about 20° and increase your pedaling efficiency from 10—20%.

To the old-timers this is called 'the ankling technique'. NOTE: this can be done even if you are using pedals without toe clips or clipless devices. Think circles (spinning), don't just push down flat footed (pumping). If you use clipless pedals or toe clips you can extend this power stroke 360° by pulling up with your foot until you feel pressure on the top of your instep.

It is important that you use your legs and your feet for an efficient power stroke. NOTE: you will discover new muscles in your shins and calves when you first use this technique—but stay with it and you will enjoy greater efficiency in your pedalling.

Ted Sward 708-354-5782 (This article first appeared in the July 2002 Cue Sheet. —Editor)



Harmilda the Cow enjoys a restful Saturday afternoon in downtown Harvard.

MOOve it out!

The Double Metric Bovine Ride

New Location!

The Felines & Fire Engines Ride has become the Double Metric Bovine, and moved to a new location. This year's ride starts from Hempe Park, 297 Lies Road in Carol Stream. (0.4 miles west of Gary Ave., 2 miles north of Route 64 (North Ave.) We are going to visit Harmilda, the Harvard Cow. It's a 124-mile round trip, and there will be 12-14 MPH and 14-16+ MPH groups going. SAG wagon, rest stop in Woodstock, ample snacks, and drinks are provided.—

Larry Gitchell 708-409 0105 LarsofMars@aol.com (fast group)

Betty Bond 630-932-0271 (moderate group)

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

JOY ADAMS
 GLENDALE HEIGHTS
 joyce4joy4joy@aol.com

GARY FECAROTTA
 LOMBARD
 garyfec1@aol.com

DEIDRE OPP
 HINSDALE

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

July Meeting
Thursday, July 10th, 7:00 PM
At
Community Bank of Elmhurst
—Program—

Dr. Sharon Garvey, Chiropractor

Upcoming Programs

—August—

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

Collating Party

Friday, July 25th 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 August 2003 Ride Schedule is July 12th, the second Saturday of July. 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 August 2003 Cue Sheet is Monday, July 14th.

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**

We're growing every month!

<u>Type</u>	<u>Memberships</u>	<u>Members</u>
Family	68	165
Individual	<u>160</u>	<u>160</u>
Total	228	325

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**





This month we are going to look at places where you can find cue sheets on the web. Sometimes this requires a trial and error search to find what you are looking for. First I will look at some general sites for rides and then give you some ideas how to search in specific areas.

www.pedaling.com has a searchable list

of over 1000 rides where you can print out a cue sheet. On their site you can search by state, length, difficulty (gradients), traffic and environment. If you use their site you can also submit your favorite rides to add to their database. www.bikethisway.com is a membership site that has many rides. The membership is free and they have an innovative cue sheet entry form so that all their rides are in the same format. www.peterwhitecycles.com/maps&cue.htm Has a great list of links where cue sheets can be found and is sorted by state.

Doing a Google advanced search plugging in "cue sheets" in the exact phrase section and "bicycle" and "ride" in the must contain section returned over 500 listings of cue sheets.

Another place to look is with the State advocacy organization where you plan to ride. Their list of local bike clubs is a good place to look for cue sheets as many clubs have them posted on their web site. The best example of a club list of cue sheets is from Team Evergreen located in Evergreen Colorado. Their club cue sheets are better than any I have ever received on an organized ride or commercial tour. Take a peak at one for a look at the best I have ever seen. www.teamevergreen.org/sitemap_RR.htm is one cue sheet which includes a PDF downloadable Map and elevation profile. There is also a written description of the ride with directions and general information about the course.

Next month I will look at a mixed group of sites providing unusual resources for bicycling. Submitted by **Rich** (Traveling at the speed of the internet) **Kuhlman**

Dear EBC Members;

I'm writing this letter for **Rudy Winfrey** who is a new member and a blind rider. **Rudy** has his own late model tandem and is an experienced rider. He also has a mini van in which to transport the bike or bikes, but is having trouble finding someone to drive his van and be his captain/front rider.

Rudy lives in Chicago right near the border of Oak Park about 6000 W and 1200 North (Division and Austin). He lost his rider for the MS 150 Tour de Farms on June 21 and 22 with an overnight at NIU, and hopes to find someone would be willing to fill in on future rides. There is usually no extra fee for his rider, as **Rudy** pays and as a blind rider, one fee is acceptable.

He also is scheduled to ride the RAGBRAI for the 5th time this July and is looking for captains for himself and his brother, who is also a blind biker, for the 5 day ride across Iowa. Please be kind enough to put out the word to the other bike members. **Rudy** weighs in at about 200 lbs. and is a strong rider, who would need a similar matched rider. Interested riders can reach **Rudy** on his cell phone at **773-742-5782**, or you can respond by e-mail to me, at margiehallwas@sbcglobal.net. I am one of his readers. Thank you in advance for any help.—**Margie Hallwas**

Upcoming EBC Events

<u>Dates</u>	<u>Event</u>	<u>For additional information</u>
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
August 1-3	SWEBCO	Mary Moroney 630 629-1812
August 1-3	Pedal & Paddle, Wisconsin	Pam Lassers 630 782-9150
Mid Sept, 2003	Southwestern Utah Ride	Richard Diebold 847 891 6010

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: 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)

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. Call **Laura** or **Rich Kuhlman 630-462-5427** (6/03)

For sale: CrateWorks PRO XL-C Bike Box. 11 x 30 x 45.5 inches outer dimensions; 11 x 29.5 x 44.75 inches inner dimension. Never used, excellent condition. Includes rigid frame, inner liners and separate inner plate with hub wells, tie-down straps, outer strap system. See <http://www.crateworks.com/> for detailed product description and reviews. Lists new for \$159.00. Asking \$120. **Free:** Used Subaru badged Yakima upright roof rack. Holds two bikes and includes clips to directly attach bike rack to Subaru factory roof rack. Contact **Ihor** at **630-241-3447**. (7/03)



July 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., July 2	9:00 AM	45 miles 10-13 mph	Villa Park Depot	Walter Chlipala 630-832-9390	Ride to Panera Bread in Woodfield
Wed., July 2	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. 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., July 2	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., July 4	6:30 AM	124 miles 14-16+ mph	Hempe Park 297 Lies Road Carol Stream	Larry Gitchell 708-409-0105 708-421-0120	Double Metric Bovine Celebrate the Fourth with a ride to visit Harmilda the Harvard Cow. SAG wagon and rest stop in Woodstock provided.
Fri., July 4	6:30 AM	124 miles 13-15 mph	Hempe Park 297 Lies Road Carol Stream	Betty Bond 630-932-0271	A Slower Double Metric Bovine Celebrate the Fourth with a ride to visit Harmilda the Harvard Cow. SAG wagon and rest stop in Woodstock provided.
Fri., July 4	9:30 AM	60-65 miles 12-14 mph	Villa Park Depot	Walter Chlipala 630-832-9390	Ride To The Fox River Area The ride should be mainly on streets. There may be some prairie path usage especially if FermiLab is closed. Bring snacks/food. A lunch break may be at a fast food restaurant or a sandwich shop.
Sat., July 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.
Sat., July 5	9:30 AM	20-25 miles 9-12 mph	IPP and Meyers/ Westmore Ave.	Judy Mikesell 630-833-1036	A path ride to and through Blackwell FP, roads to Cantigny where we will stop for lunch and spend an hour or so to view then gardens and museums then return ride road to path.
Sun., July 6	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 11AM. Bring snacks for one rest stop.
Sun., July 6	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., July 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.
Mon., July 7	6:00 PM	25 miles 12-14 mph	Meacham Grove Forest Preserve, Bloomingtondale	Larry Gitchell 708-409-0105 708-421-0120	Meacham, Mallard, and Beyond. Explore the trails of Meacham Grove FP, Mallard Lake FP, and Bartlett. Meet at the FP parking off of Circle Avenue north of Lake Street (Route 20) in Bloomingtondale. Variable surfaces, Mountain or Hybrid bike recommended
Tues., July 8	9:00 AM	22 miles 8-10 mph	Waterfall Glen	Chuck Ziemer 630-323-8083	New Adventure Ride Tour of the South suburbs, paved streets & trails. Surprise snack stop.
Tues., July 8	7:00 PM	Board Meeting	Bob Sack's house	Bob Sack 630-323-5711	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.

Date	Time	Disatnce	Start	Ride Leader	Ride Description
Wed., July 9	9:30 AM	53 miles 10-12 mph	LeRoy Oaks FP	Ted Sward 708-354-5782	Kilgore's Kane County Kapers. Lunch in Sycamore.
Wed., July 9	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. 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., July 9	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.
Thu., July 10	7:15 PM	Monthly Club Meeting	Community Bank Of Elmhurst	Bob Sack 630-323-5711	Monthly club meeting at the Community Bank of Elmhurst located at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Sat., July 12	8:30 AM	62 miles 12-14 mph	Linne Woods FP	Jerry Radek 847-673-8159	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. Take I-294 N. to Demster and exit East. Go approx. 4 miles to Leigh Ave., across RR tracks and turn left into Linne Woods FP across from McDonald's.
Sat., July 12	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., July 12	5:00 PM	60 miles 13-15 mph	Volunteer Park Wheaton	Jim Gross 630-530-0554	2 nd Annual Midnight Moonlight Ride to Crystal Lake We will eat at I-Hop in Crystal Lake. We'll arrive back in Wheaton around midnight. Lights required—entire ride will be on the Prairie Path and Fox River Trail.
Sun., July 13	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	Sunday morning triple loop ride. 33, 66, or 100 miles at 16-18+ mph pace. Come out for any 1,2, or 3 loops.
Sun., July 13	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., July 13	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., July 14	6:30 PM	30 miles 14-16 mph	Meacham Grove Forest Preserve, Bloomingtondale	Larry Gitchell 708-409-0105 708-421-0120	Streamwood and Schaumburg Road Ride. Meet at the FP parking off Circle Ave. North of Lake Street (Route 20) in Bloomingtondale. Road Bike Ride.
Wed., July 16	9:30 AM	30 miles 13-16 mph	Busse Woods FP	Freda Brown 847-891-6010	Loop Busse Woods, then roads to Poplar Creek – Loop Poplar Creek then roads back to Busse Woods.
Wed., July 16	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. 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., July 16	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.
Thurs., July 17	6:00 PM	35 miles 12-14 mph	Villa Park Depot	Tim Jack 630-782-0107	Ride to Culver's on the Great Western Trail. Return on the Prairie Path. All trail and lights required.
Fri., July 18	6:00 PM	One hour ride 10-12 mph	Villa Park Depot	Judy Mikesell 630-833-1036	We will ride for an hour then enjoy dinner at a local independent ethnic restaurant. Lights will be needed for the short ride back. Bring\$.
Sat., July 19	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., July 19	9:30 AM	15-20 miles 9-12 mph	Oak Brook Park Oak Brook	Judy Mikesell 630-833-1036	Ride trails in and around Oak Brook with stops along the way. Bring snacks or \$.
Sun., July 20	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 11AM. Bring snacks for one rest stop.
Sun., July 20	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., July 20	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., July 21	6:00 PM	25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	Man in the Moon Ride to Cerman Space Center in River Grove. All pavement, but will include sidewalk and parking lot sneak routes.

Date	Time	Distance	Start	Ride Leader	Ride Description
Tues., July 22	9:30 AM	15-20 miles 8-10 mph	Busse Woods FP Bisner Road parking lot	Sophia Hausen 847-364-1584 Lynn Hattendorf 847-952-0889	New Adventure Ride Ride the Busse Woods Bike Path And tour the Elk Grove Estates. Snack stop at Sophia's house.
Tues., July 22	6:15 PM	15 miles 10-12 mph	Mary Ann Badke's parking lot 2204 Christian Ln., Lisle	Mary Ann Badke 630-369-8471 Mary Moroney 630-629-1812	Ride to Naperville Carillon. This musical tower is ranked among the four largest in the world. The summer recital series brings artists from around the world to perform. We will return before dark.
Wed., July 23	8:00 AM	35-40 miles 12-14 mph	Spring Rock Park	Gerry Fekete 708-352-0913	Ride to Waterfall Glen and beyond – Bring snacks.
Wed., July 23	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersec- tion of Maple St. and Park Ave. just East of the Helen Plum Memorial Library and Lilacia Park.
Wed., July 23	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., July 25	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., July 26	8:00 AM	65 miles 16-18+ mph	Depot Elmhurst	Dave Polkow 630-832-8131	Ride to St. Charles. Lunch stop at the Wayne country store.
Sat., July 26	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 park- ing lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., July 27	6:00 AM	23,41,65, and 100 miles	Beecher Center Yorkville, IL	Joanne DeZur 630-833-7688	METRO METRIC XXIII
Mon., July 28	6:00 PM	25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	Post Metro Relax Ride. We'll take another ride out to "America's Best Hobbies" in Itasca. Mountain or Hybrid bike and lights recommended.
Tues., July 29	9:00 AM	20 miles 8-10 mph	Waterfall Glen North parking lot	Mary Jo Bolan 630-887-9652	New Adventure Ride Ride to Starbucks in Western Springs for coffee. Ice Cream will be an option.
Wed., July 30	8:00 AM	55-60 miles 12-14 mph	Atten Park Wheaton	Lou Fish 630-668-3446	Ride to Kaneville and back. Bring lunch and snacks.
Wed., July 30	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersec- tion of Maple St. and Park Ave. just East of the Helen Plum Memorial Library and Lilacia Park.
Wed., July 30	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.
Thurs., July 31	9:30 AM	27-30 miles 10-12 mph	Daniel Wright FP	Jerry Radek 847-673-8159	Slow North Shore Mansion Ride SLOW ride on paved bike trails and open roads through North Shore suburbs, including lake front mansions in Lake Forest and Fort Sheridan. Weather permitting, lunch in park overlook- ing Lake Michigan in Lake Bluff. Bring lunch or take out from Bluffington's restaurant in Lake Bluff. Take I-294 to Rt. 22 (Half Day Rd.). Exit West .75 miles to Riverwoods Rd. Turn Right (n.) and go 1.5 miles to Everett Rd. Turn left (W.) and go 1 mile to St. Mary's Rd. Turn left into Wright Woods 1/8 miles to park- ing.
Sun., Aug 3	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	Sunday morning triple loop ride. 33, 66, or 100 miles at 16-18+ mph pace. Come out for any 1, 2, or 3 loops.

BIKE CLUB INVITATIONALS

There are some good invitationals (including our own) coming up in July. Here is a list of the Invitatbnal rides in our area.

Friday July 4 4th of July Ride Joliet Bike Club Plainfield, IL 815-436-7701
 Sunday July 6 Ultimate Neighborhood ride Chicago Cycling Club 773-509-8093
 Sunday July 13 Late Ride Friends of the Park Chicago 773-918-7433
 Sunday July 13 Biking with Beanzie DeKalb Bike Club 815-758-3742
 Sunday July 27 OUR INVITATIONAL!! **Metro Metric Elmhurst Bike Club Yorkville, IL 630-415-2453**
 Sign up to ride or volunteer to help.

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

SWEBSCO

August 1, 2, and 3rd

"Southern Wisconsin Elmhurst Bike Club Overnight" has been a tradition for many years (although earlier in the month than usual due to my work schedule). Always a favorite because of wonderful routes originally organized by Susan Kilgore. All rides are at your own pace along quiet country roads with gently rolling hills.

Friday, August 1st: 12 Noon - Start from the Super 8 (info below) with a lunch stop at Cold Springs Tavern. Two mileage options are available: 19 or 36. A stop at the "Flowing Well" is featured on the longer ride to refill water bottles with some of the best water around. I usually drive back to the well with a gallon jug to bring some home.

Saturday, August 2nd: 8:30 AM from Super 8 with various mileage options available - 15, 30, 45, or 60. Lunch (and antiquing) in Cambridge, WI.

Sunday, August 3rd: 8:30 AM General Store in LaGrange, WI. 24, 31, 42 mile options available. A stop at "Old World Wisconsin" for food and/or restrooms.

Hotel Information:

Super 8 Motel
 917 East Milwaukee St, Whitewater
 (262) 473-8818

Amerihost Inn Whitewater
 1355 West Main St, Whitewater
 (262) 472-9400

Whitewater is about a 2 hr drive from Elmhurst. Some people come for one or two days or for the entire weekend. Need more information or directions, call **Mary Moroney 630-629-1812** or email cycling33@attbi.com