

Board Members

President
Bob Sack
 630 323-5711
judy8831@aol.com

Vice President / Ride Captain
Ed Curtin
 847-981-1677
curtine1@comcast.net

Secretary
Sharon Ganske
 630-462-3734
Ganskesh@hotmail.com

Treasurer
Chuck Ziemer
 630-323-8083
cziemer2@earthlink.net

Membership

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@comcast.net

Programs
John Park
John1park@aol.com

List Server
Marty Kotecki
 630 620-6434
orionradion@msn.com

Publicity
 Open

Metro Metric
Joanne Dezur
 630-833-7688
Cyclejoey@aol.com

Route Librarian
Rich Kuhlman
 630-462-5427
rkuhlman99@comcast.net

Newsletter Collating
Judy Mikesell
 630-833-1036
mikesell2@juno.com

Safety
Ted Sward
 708-354-5782
 Sergeant at Arms
Mike Struglinski



Cue Sheet

August 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—"BICYCLES BELONG"—"SHARE THE ROAD" These and other slogans are worthy advocacy statements. However when you use the word "SHARE" a certain reciprocity is inferred. We seem to often-times enjoy criticizing motorists for discourteous behavior but we rarely examine our own actions. Perhaps we should occasionally reflect on our own conduct. Do we always act in a safe, courteous manner? Do we ride single file on the roads? Do we use courteous discretion at stop signs? Do we impede traffic at stop lights? Do we sneak 15-20 riders through stop signs en masse while motorists patiently wait? There are many areas where we can enhance our safety and elevate our standing within the motoring community by upholding our part of the SHARING.

And Such—Gear Management

Modern shifting devices make riding much easier for us, but many riders don't take full advantage due to their inability to shift correctly. When changing gears there must be NO TENSION on the chain but the pedals must be turning at a fairly good RPM or cadence. Make your shift in advance of your needs. Look ahead at the road and determine how much shifting you anticipate. If there is a steep hill, shift into your small chainring while you still have 3 to 4 larger cogs (rear gears) available. The small cogs change much quicker than the larger chainrings (in front). Some riders don't use their small chainring except in panic situations. They slow down until they are barely turning the pedals—they have great tension on the chain (pressure on the pedals)—then try to shift both front and rear derailleurs at the same time. This is when you hear the noise like a Model 'A' getting its transmission torn out. Also—nothing shifts and you stop dead on the hill.

Use your small chainring as a working gear, not a last resort bail out. ANTICIPATE YOUR GEARING NEEDS—PLAN AHEAD!—**Ted Sward 708 354-5782**

Updated Website

Cindy and **Sharon** have been busy over the past few months updating and adding to the club website. www.elmhurstbicycling.org The home page has a new look with an easier dropdown menu and an improved organization of the topics.

Take a look at the new pictures and improved formats for the ride schedules. There are also additional sections: ride recaps and cue sheets.

Cindy and **Sharon** would love to have some feedback. You can respond to me by email judy8831@aol.com or by calling **630 323-5711**. You can also respond directly to **Cindy** or **Sharon**. Submitted by **Bob Sack**

Upcoming EBC Events

<u>Dates</u>	<u>Event</u>	<u>For additional information</u>	
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
October 26	Halloween Ride	Marge Ricke	630 616-8481

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

PAT BABYAR
VILLA PARK
chitchatpat@ameritech.net

PHIL KELLER
DOWNERS GROVE
philtrains@comcast.net

DAVID, SHIRLEY & JENNIFER SCHAFFER

LOMBARD
somneorn@aol.com

HONG XIE
DOWNERS GROVE
hxie2@lucent.com

We're growing every month!

<u>Type</u>	<u>Memberships</u>	<u>Members</u>
Family	69	168
Individual	164	164
Total	233	332

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@comcast.net



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@comcast.net

EBC Website

www.elmhurstbicycling.org

August Meeting
Thursday, August 14th, 7:00 PM

At
Community Bank of Elmhurst

—Program—

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

Upcoming Programs

—November—

Deborah Fagan

Chief Planner and County Trail System Coordinator
DuPage Cty Dept. of Economic Development and Transportation Planning

Collating Party

Friday, August 22th 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 September 2003 Ride Schedule is August 16th, the second Saturday of August. Call Ride Captain **Ed Curtin**, **847-981-1677**, email **Ed** at curtine1@comcast.net, 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 September 2003 Cue Sheet is Monday, August 18th.

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

Katy Trail Trip

The Katy Trail State Park follows the former M.K.T. (Missouri-Kansas-Texas) Railroad. This trail is a 225 mile long rail-to-trail that runs from Clinton, MO in the west to St. Charles, MO in the east. "The trail allows users to travel through some of the most scenic areas of Missouri. The trail runs through many different landscapes, including dense forests, wetlands, deep valleys, open pastureland and gently rolling farm fields." The trip will start riding on Monday, Oct. 13 and go to Friday or Saturday, Oct. 17, 18.

The plan is to "leap-frog" cars and stay in motels or B&BS. Camping is an option although there aren't any campgrounds right on the trail. You can see more information on the official website at <http://www.mostatereparks.com/katyttrail.htm>. Please contact me if you are interested so that lodging can be reserved. **Sharon Ganske 630-462 3734** or ganskesh@hotmail.com.

Norway Ski Trip

(The full information on this trip is too large to print in the Cue Sheet—contact Ed or Bob for details) —Larry

UP Skiers will remember Bob Walsh. We met Bob at the motel we stayed at on the 2003 UP Ski Trip. Bob joined us as a guest and skied with us as well as joining us for cocktails and supper every evening.

Bob is putting together a "Norway Cross Country Ski Trip" and would like to find out if there is anyone interested. Bob's contact information is included below. He would like to hear from interested persons by September 1, 2003. Submitted by **Ed Curtin**

Bob Walsh
40 SOUTH CAROLINE STREET CRYSTAL LAKE, IL 60014-6108
TELEPHONE: 815-459-9034 EMAIL bobwalshnd@aol.com



For August **Bike'n on the Web** is going to look at a mixed group of sites that provide a variety of resources for cyclists.

The first is one of the best sites I have come across in a long time. Surprisingly I discovered this by seeing their truck traveling down I-355 and not through a traditional web search. On the Fly Bicycle Repair, www.ontheflychicago.com is a

mobile repair shop that comes to you. The principals have many years of experience running the repair operations for several Chicago area bicycle shops. Currently they handle all the bike maintenance for six of our local police department bicycle patrols. Laura and I had three bikes done, two overhauls and one tune-up at very reasonable prices, plus it was done at our house! They will also take the bike and bring it back to you if you wish.

My second site for this month is www.weather.com, which is TV's Weather Channel but on the internet. Planning a trip or a ride anywhere in the world, here you can get the ten day forecast for where you are going as well as current radar if you are leaving in ten minutes for a club ride and the sky doesn't look real promising. Just enter your zip code and up pops the radar screen for the local Midwestern area. You can zoom in to a 100 mile range to closely check out what is happening around you.

The last suggestion for this month is a list of bicycle clothing manufacturers. This is a quick reference to get to most of the major manufacturer's web sites as well as many of the smaller ones. This large list has a few dead links but is still worth a look. www.bicycleapparel.com/manufact.html.

NEXT MONTH: Cycling publications and the information available on their web sites. **Rich (Traveling at the speed of the internet) Kuhlman**

BIKE CLUB INVITATIONALS

There are a lot of good invitationals coming up in August. Here is a list of the ones in our area:

Sunday Aug 3 Rotary Ride Naperville
Aug 9-15 Week-long AIBR Around Illinois Ride Morris, IL Joliet Bike Club
Aug. 9-10 Weekend 815-467-5748
Sunday Aug 10 Comcast Chase the Moon Ride Aurora
Sunday Aug 17 Melon Metric Naperville Bike Club 630-969-2697
Sunday Aug 17 Bike Tour of Lake County Highwood, IL 847-432-0577 ext 25
Sunday Aug 24 Bike Psychos Century Coal City, IL Bike Psychos Club 708-802-1804
Sunday Aug 24 Old Mill Century Oregon, IL 815-732-7496 or 815-732-7154

www.rotaryride.com

www.Jolietbicycleclub.org

www.chasethemoon.com

www.napervillebikeclub.com

www.bikepsychos.org

www.oldmillcentury.com

LOOKING AHEAD

Sunday September 14 Boulevard Lakefront Tour A 35 mile ride thru Chicago 312-427-3325 www.biketraffic.org

Another event of interest is the Bike Criterium Races held each year in Downers Grove.

The Sports Grand Prix Championships will be Aug 16 and Aug 17 in downtown D.G. These are lots of fun to watch.

Call for complete information on times of bike races as they also have inline skating events 773-868-3010 www.sportsgrandprix.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.

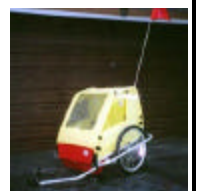
Ads will be deleted after three months. Notify us if you want them to run longer. Space permitting, we will accommodate you.

For Sale: 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)

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)

For Sale: Pair of men's cycling shoes. size 10. SPD compatible. First call gets 'em! **Jim Gross 630-530-0554**



August 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
Fri., Aug 1 thru Sun., Aug 3				Pam & Harold Lassers 630-782-9150	Canoe & Bicycle – Mecan River + Princeton, WI Area This is a weekend trip. We will base our trip at Mecan River Lodge. Your lodging choices are B&B style lodge room, camp, rustic cabin, or motel. B&B is about \$85/night/room (2 double beds/room) other choices are less.
Fri., Aug 1 Sat., Aug 2 Sun., Aug 3	12 Noon 8:30 AM 8:30 AM	19 or 36 miles 15,30,45, or 60 miles 24,31, or 42 miles All rides at your own	Super 8 Motel Whitewater, WI	Mary Moroney 630-629-1812	SWEBCO "Southern Wisconsin Elmhurst Bike Club Overnight" has been a tradition for many years. All rides are at your own pace along quiet country roads with gently rolling hills. See the article in the July newsletter or call Mary Moroney for details. Directions to the Super 8 Motel, 917 E. Milwaukee St., Whitewater, WI 1-262-473-8818. Take I-355 North, continuing on Rt 53 to US-12 (Rand Rd). West on US-12 into Wisconsin. At the US-12 - SR-67 exit, turn right (North) on US-12 into Whitewater. Super 8 is on the west side of street.
Fri., Aug 1	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's 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., Aug 2	9:00 AM	45 miles 25 at 12-14 mph 20 at 14-16 mph	Greene Valley FP parking lot on Greene Rd.	Peter Turula 630-968-3527	SW DuPage Forest Preserves A loop ride of SW DuPage County trails in the Herrick, Danada, Blackwell, McDowell, and Greene Valley Forest Preserves. Hybrid bike recommended. Greene Valley parking lot is located on Greene Road 0.36 miles north of 75 th St. Greene Road is 1/2 mile West of Rt. 53 or 2 miles West of I-355 (use 75 th St. exit).
Sat., Aug 2	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., Aug 2	9:45 AM	20-25 miles 10-12 mph	Parking lot on the East side of McCormick Blvd. Just S. of Golf Rd. Skokie	Judy Mikesell 630-833-1036 or 630-290-2675 day of ride	Skokie Sculpture Garden Ride This is a 6 mile paved path and the ride will be slow with stops to view the sculpture along the way. A short ride to Kendall Culinary College will be our lunch stop – all you can eat buffet \$6. After lunch a short ride to the lake front through Northwestern past beaches and wind surfers. Lake front ride about 5 miles.
Sun., Aug 3	7:30 AM	25-35 miles 12-14 mph	Big Apple Bagels Elmhurst	Freda Brown 847-891-6010	Slow Polkow Ride Urban-Suburban-Some trails ride.
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.
Sun., Aug 3	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.

The time of the event shown in the calendar above is the actual departure time. Please allow time for bicycle assembly and inspection, filling of water bottles, inflating tires, etc.. prior to departure. The advertised pace will be at the discretion of the ride leader to allow for resistance to the wind and terrain. The pace is considered to be the maximum speed attained on a level road without appreciable head wind or tailwind. Please select the ride that best fits your ability. Know for yourself whether you are comfortable to sustain the pace and finish the advertised distance.

Date	Time	Distance	Start	Ride Leader	Ride Description
Mon., Aug 4	6:00 PM	25 miles 10-16 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Other DMB Ride – DesPlaines Mud Bogging Will the DesPlaines River Trail be above water? We'll take a ride out to check on it! Pace 14-16 on road, 10-12 when we hit the dirt. Mountain bike with knobbies and lights recommended.
Tues., Aug 5	9:30 AM	18 miles 8-10 mph	Ty Warner Park Westmont	Peter Turula 630-968-3527	New Adventure Ride Ride neighborhood streets and paved paths to Culver's Frozen Custard. We will cruise through Oak Brook, McD's hamburger U., Hinsdale, Clarendon Hills, Westmont, and Darien
Tues., Aug 5	7:00 PM	Board Meeting	Sharon Ganske's house	Sharon Ganske 630-462-3734	Monthly Board Meeting
Wed., Aug 6	10:00 AM	25 miles 13-16 mph	Parking lot in shopping center at Geneva & County Farm Roads.	Freda Brown 847-891-6010	Ride to Meacham Grove FP for a picnic taking the new bridge over Lake Street.
Wed., Aug 6	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., Aug 6	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., Aug 8	6:00 PM	25+ miles 12-14 mph	Villa Park Depot	Jeanne Whiting 630-669-8863	This will be a road/or trail ride in search of a casual restaurant for dinner. Bring lights, locks, and money.
Sat., Aug 9	6:30 AM	30 miles 16-18 mph	Elmhurst Depot	Jim Gross 630-530-0554	Fast Ride to the Brookfield Zoo Ride will be on roads and the Bemis Woods FP paved trail.
Sat., Aug 9	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., Aug 9	9:30 AM	20 miles 10-12 or at your own pace	Virgil Gilman Trail Head Aurora	Judy Mikesell 630-833-1036 or 630-290-2675 day of ride	Virgil Gilman Paved Trail Ride Ride the trail to Waubensee College and back again. Bring snacks. START: Aurora – Trail head on Hill Ave. a small lot the 2 nd left south of Montgomery Rd. (across from trucking company) Eola south to Ogden west to Montgomery west to Hill south to lot.
Sun., Aug 10	7:30 AM	25-35 miles 12-14 mph	Big Apple Bagels Elmhurst	Freda Brown 847-891-6010	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., Aug 10	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., Aug 10	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., Aug 11	6:00 PM	25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	Put the "OOOoo" in Zoo Ride – We'll head out in the direction of Brookfield Zoo. Road/Paved trail ride, lights recommended.
Wed., Aug 13	8:30 AM	50 miles 12-14 mph	Linne Woods FP parking lot Morton Grove	Jerry Radek 847-673-8159	Long Grove Ride Ride to Long Grove to check out the quaint shops and eat lunch at one of the restaurants. Take I-294 N. to Dempster and exit East. Go approx. 4 miles to Lehigh Ave., cross RR tracks and turn left into Linne Woods FP across from McDonald's. This will be a joint ride with the Evanston Bike Club.
Wed., Aug 13	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., Aug 13	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., Aug 14	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
Fri., Aug 15 thru Sun., Aug 17	9:00 AM	50 miles each way 12-14 mph	North parking lot of the Elgin Casino Boat	Rich & Freda Diebold 847-891-6010	Weekend self contained trip to Lake Geneva. All roads. Camping or motel on your own.
Fri., Aug 15	10:00 AM	20 miles 9-11 mph	North Aurora on Rt. 56 (Butterfield Rd.)	Judy Mikesell 630-833-1036 or 630-290-2675 day of ride	Family Ride Bring the kids, grandkids or just a big kid at heart for the end of summer vacation ride. We will ride along the Fox River with several stops along the way. Last stop will be at Funway Park for a game of "Water Wars" or "Bumper Boats". A great way to end your summer. Something for everyone – come join the fun. Bring snacks and \$ for a lunch stop. Many coupon books have two for one deals at Funway. The start location is the parking lot on the south side of Rt. 56 east of Rt. 31 and west of the Fox River just east of Harner's bakery & restaurant.

Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., Aug 15	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's house 1 S. 110 Nor- mandy 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.
Fri., Aug 15	6:00 PM	1 hour ride 10-12 mph	Villa Park Depot	Judy Mikesell 630-833-1036 or 630-290-2675 day of ride	Ethnic Dinner Ride We will ride for an hour then enjoy dinner at a local independent ethnic restaurant. Lights will be needed for the ride back. Bring \$.
Sat., Aug 16	9:00 AM	45 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	American Science & Surplus Ride – Geneva Take a ride to check out Incredible Stuff at Un believable Prices! Combination Road/Trail ride. Lunch stop at a location to be determined.
Sat., Aug 16	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., Aug 17	7:30 AM	25-35 miles 12-14 mph	Big Apple Bagels Elmhurst	Freda Brown 847-891-6010	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., Aug 17	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 be finished by 11AM. Bring snacks for one rest stop.
Sun., Aug 17	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., Aug 18	6:00 PM	25 miles 14-16 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	Elmwood Park/Norridge Ride Pavement with possible short portage or trail segments. Lights recommended.
Wed., Aug 20	8:00 AM	64 miles 10-12 mph	McCullom Park Downers Grove	Ted Sward 708-354-5782	The Way West – Lunch at River View Diner
Wed., Aug 20	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., Aug 20	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., Aug 22	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's house 1 S. 110 Nor- mandy 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.
Fri., Aug 22	7:00 PM	Monthly Collating Party	Walter Chlipala's House Villa Park	Walter Chlipala 630-832-9390	Newsletter Collating Party Join fellow members in preparing next month's newsletter. Call Walter for directions.
Sat., Aug 23	7:30 AM	25-30 miles 10-12 mph	Elmhurst Depot	Mary Moroney 630-629-1812	Moondance & Beyond Ride 8 miles to breakfast in Westmont and then "beyond" to work off the calories.
Sat., Aug 23	8:30 AM	50 miles 16-18 mph	Busse Woods Elk Grove	Tracy Gainer 630-250-9433	Hills and Horses Ride Ride through Inverness, Barrington Hills to Algonquin. Stop for breakfast/lunch (brunch?) break and return. Meet at Busse Woods in parking lot at northwest end of forest preserve, just E. of I-290 & S. of Higgins Rd. Cancelled if raining
Sat., Aug 23	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., Aug 24	7:30 AM	25-35 miles 12-14 mph	Big Apple Bagels Elmhurst	Freda Brown 847-891-6010	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., Aug 24	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 be finished by 11AM. Bring snacks for one rest stop.
Sun., Aug 24	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., Aug 27	8:00 AM	35-40 miles 11-13 mph	Atten Park Wheaton	Sharon Ganske 630-462-3734	Ride To The Fox River Area The ride should be mainly on streets. There may be some prairie path usage especially if Fermi Lab is closed. Lunch stop will be included.
Wed., Aug 27	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., Aug 27	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., Aug 29	8:00 AM	50 miles 12-14 mph	Parking lot on Illinois Ave. Aurora	Lou Fish 630-668-3446	Trail Ride Through Crystal Lake Ride on the Fox River Trail north of Crystal Lake thru the fabu- ously, doable, hilly area and back. 50 miles, 12-14 mph unless the wind is in your face (slower) or at your back (faster). Bring your food...no restaurant stops... maybe an ice cream cone stop.
Fri., Aug 29	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's house 1 S. 110 Nor- mandy 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., Aug 30	9:00 AM	65 miles 16-18+ mph	LeRoy Oaks FP St. Charles	Ray Dal Lago 630-543-4655	"De Ride to DeKalb" Come out for the ride you've read and heard about. The sec- ond annual "De Ride to DeKalb", a 65 mile ride from LeRoy Oaks FP to DeKalb and back. The route will be mostly little traveled gently rolling roads. Lunch will be at a deli in DeKalb (or bring your lunch). The ride will be finished by 2 PM. No SAG but a juicy treat after the ride.
Sat., Aug 30	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., Aug 31	7:30 AM	25-35 miles 12-14 mph	Big Apple Bagels Elmhurst	Freda Brown 847-891-6010	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., Aug 31	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 be finished by 11AM. Bring snacks for one rest stop.
Sun., Aug 31	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.

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 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

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



www.elmhurstbicycling.org

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

GITAP Grand Illinois Trail and Parks Ride

On June 15, 2003, Twenty members of the Elmhurst Bike Club embarked on the inaugural GITAP Bike Tour. The ride was sponsored by the League of Illinois Bicyclists and the Illinois Department of Natural Resources.

The route was a clockwise circle of about 480 miles, starting and ending in Oswego, IL. It was a ride of discovery using many segments of existing bike paths and rural roads of Northern Illinois. Some of the highlights were:

Camping under the stars in 5 State Parks: Starved Rock, Morrison-Rockwood, White Pines, Rock Cut, and Chain of Lakes.

Riding along the Canals and the Mighty Mississippi River on the Great River Trail.

Waking each morning to the alarm clock of the birds.

Eating in the wonderful lodges at Starved Rock and White Pines State Parks,

Riding the gentle (and not so gentle) rolling hills of rural Illinois.

Visiting an Elephant Farm (yes, Elephant Farm) near Richmond.

Interesting, Informative and Fun meetings each night with door prizes.

Riding thru a Sand Prairie along the Great River trail.

Evening entertainments of Music, Campfire complete with S'mores and Ranger talk on Birds of Prey.

Seeing the Fox River Trail System through the eyes of riders who had never ridden it before.

Great Staff- Great Volunteers including our own Laura Sanborn, Rich Kuhlman, and Marty Kotecki, Great Fellow Riders. A Grand Tour on a Grand Trail.

We don't know if there is going to be another ride next year, but if there is we would strongly recommend it.

Participants were: **Laura Sanborn, Rich Kuhlman, Marty Kotecki, John Park, Mary Jo Bolan, Petra Hofmann, Gerry Fekete, Freda Brown, Richard Diebold, Ted Sward, Al Stanke, Jerry Radek, Jim Gross, Bernadine Fitzloff, Joanne Dybala, Roland Porter, Amos Coffman, Peter Turula,** Jan Koller (former EBC member - now living in Michigan), and **Carol Nield**