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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

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Publicity

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Route Librarian

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Ted Sward

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Sergeant at Arms

Mike Struglinski

Metro Metric

Joanne Dezur

630-833-7688

Cyclejoey@aol.com

Newsletter Collating

Judy Mikesell

630-833-1036

mikesell2@juno.com

Greetings EBCer's,



For all my fellow musician bikers check out the Dutch Military Bike band.

So Laura, Ray and Frank get those horns out and start practicing while you ride.

http://www.edinburgh-tattoo.co.uk/tattoo-experience/gallery_2002_page3.html

Ride & (Play) On,
Mike Incopero



Cue Sheet

September 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:—COMPLACENT (“Contented to a fault”)—The bike is clean, all the components check out and you are ready for a nice, relaxing ride. However, there is one more factor in the equation for a safe ride—MENTAL ALERTNESS! Being a safe rider is almost an art form. This is learned from experience and constant awareness of all that is going on around you. Have you noticed that most experienced riders seem to recognize hazards almost automatically? (Road conditions, traffic flow, conflicts, etc.) Their minds are constantly alert. This is a skill that can and needs to be developed and used. You cannot be a safe rider if you become complacent. You wear a helmet to protect that great “search engine” that sorts out all the hazards that might terminate a pleasant, relaxing ride. Don't forget to make mental awareness part of your riding check list.

And Such:—Now that the riding season is more than half over it might be wise to check out your CHAIN. Two things require your attention:

1. Lubrication—If you ride often it is probably wise to lube your chain every two weeks (more often if wet or dirty conditions have been encountered). If you ride less than once every two weeks perhaps once a month should suffice. Always shift your chain onto the small rear cog so that the chain can flex the maximum insuring lube works well into the links. After the lube has been applied, take a short ride around the block making sure you shift so that all sprockets are lightly coated. NOW—with a rag remove all the lube you can. Any lube you can remove is not doing anything but collecting dust and dirt which helps wear out your chain. I personally prefer to use a lube that dries leaving a wax coating such as “White Lightning”, Finish Line “Krytech” or similar. This leaves a nice clean drive train.
2. Replacing your chain—It is important that your chain is replaced as soon as it is worn or stretched out of limits. To check your chain, tension the chain by pressing lightly on the pedal while you hold a 12 inch ruler on the top half of the chain. On a new chain, 12 full links will measure exactly 12 inches long. When the same number of links measures 12-1/8 inches, replace the chain. (Park Tool makes a “chain checker” about \$23.00). If you do not replace the chain when needed, excessive wear will occur to the rear cog set requiring its replacement also (\$25.00 to \$50.00). Normally you can replace your chain several times (\$10.00 to \$25.00) before you wear out a cog set. Make sure the replacement chain you purchase is compatible with your drive train or have your favorite bike shop replace your chain for you.

—TED SWARD 708 354-5782

Editor's Note—The directions to ride starting locations has been bumped to make room for the ride schedule. Those with internet access can get directions from the website at www.elmhurstbicycling.org. Otherwise, call the ride leader for guidance.—Larry

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

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(above) Parking Chairman John Park displays some of the fine wares donated to the Metro Metric by Paeline Products. Thanks also to Traci Gainer for arranging the donations. Photo by Larry Gitchell

We're growing every month!

Type	Memberships	Members
Family	70	170
Individual	167	167
Total	237	337

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

September Meeting

Thursday, September 11th, 7:00 PM

At

Community Bank of Elmhurst

—Program—

Grand Illinois Trails and Parks Ride

Presentation by Laura and Rich Kuhlman

Upcoming Programs

—November—

Deborah Fagan

Chief Planner and County Trail System Coordinator

DuPage Cty Dept. of Economic Development and Transportation Planning

Collating Party

Friday, September 26th 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 October 2003 Ride Schedule is September 13th, the second Saturday of September. 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 edit or 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 October 2003 Cue Sheet is Monday, Sep-

tember 15th.

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

Self Contained Bike Trip

On Sept. 10,11, and 12th , **Carol Nield**, **Gerry Fekete**, and **Ted Sward** are planning on doing a 3 day discovery trip, visiting the Lewis and Clark sites in Illinois and Missouri. The ride will start in Hartford, Illinois (near St. Louis). This will be a self-contained camping trip - staying in two different Illinois State Parks and following the first few sections of the Adventure Cycle Lewis and Clark Bike Route. We will cover around 100-150 miles total. Final plans are still being made. Anyone interested in joining us can contact **Carol Nield 630-964-2488**.

Mary Moroney and I are planning on riding the Bob Gallo-way Memorial Amish Ride on Sat Sept 13. The ride is in Ar-thur, IL starting at the high school. About a 3 hour drive down Route 57, according to Mapquest. Day of ride registra-tion is \$10, with a Mennonite lunch available for extra \$\$\$. Routes are 18-65 miles. We are driving down on Friday and staying overnight. Please join us. For more info:
www.DecaturBicycleClub.org/arthur.html
Janet K 630-864-5126



Don't Mess With Marge

(left) Route Chairperson **Marge Ricke** handles last-minute preparations for marking the Metro Metric Route.
Photo courtesy of Harold Lassers

A thank you note for

Metro Metric XXIII Volunteers Without E-Mail Access

My sincere thanks to all the volunteers that worked their a__ __ off to make our Metro Metric XXIII a success, half of which was done under extreme circumstances. I am not mentioning any names for fear I will forget someone and everyone that even cut an orange or saved a bike rider de-serves credit. This includes people that were unable to attend but in some way helped before the ride.

Here is the only problem since it was approved to allow me to do this again next year how can I top "90 MPH winds with horizontal rain that even knocks over porta pot-ties "its a good thing no one was in there". Next year we in-tend to move to a new location and will again be begging for help.

A few weeks before the ride a new member asked me which job was the most fun to volunteer for.....my answer was mine but you can't have it. Your hard work made it easy for me to be around in case there was a problem or question that had to be taken care of. The position of Metro Metric Chairman is made easy and fun by the great people that work with me to make a success out of our one moneymak-ing event.

We will need chairmen for the following positions.....Sag Drivers - Rest Stops - Route Marking and Publicity/Donations, if you are interested let me know.

Joanne DeZur

Upcoming EBC Events

<u>Dates</u>	<u>Event</u>	<u>For additional information</u>
Mid Sept, 2003	Southwestern Utah Ride	Richard Diebold 847 891 6010
October 26	Halloween Ride	Marge Ricke 630 616-8481
November 27	Turkey Day Ride	Larry Gitchell 708 409-0105

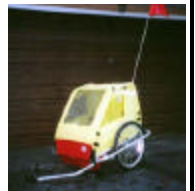
Cue Sheet will publish your want ads—free!

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**

For Sale: Deluxe Folding Adams Trail-A-Bike Folds for easy transport, 1 seatpost hitch, 5 speed gripshift system, gel saddle, quick release seatpost and handlebar clamps, rear fender, mudguard, water bottle, & flag. Blue, low mileage, for kids up to 85 lbs. Purchased new in 1999 for \$230. Call **Rita Bose-rup** at **630-469-6275**. 9/03

September 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
Mon., Sept 1	6:30 AM	100 miles 10-12 mph	Villa Park Depot	Walter Chlipala 630-832-9390	Ride from Villa Park to Aurora to Crystal Lake and back. Lunch break in Crystal. Bring lunch and snacks. There will be NO restaurant stop.
Mon., Sept 1	8:00 AM	35 miles 12-14 mph	Country Lane Bowling Alley Laraway and Nelson Roads, New Lenox	Janet Koludrovic 630-964-5126	Ride to Elwood.
Mon., Sept 1	6:00 PM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Show & Go Larry's in Vermont...
Tues., Sept 2	9:30 AM	15-20 miles 8-10 mph	IPP & Meyers/ Westmore Ave.	Walter Chlipala 630-832-9390	New Adventure Ride Bring snacks. Weather permitting we will ride the path. Otherwise the ride will be on streets.
Wed., Sept 3	9:00 AM	30 miles 10-12 mph	York Commons Elmhurst	Ted Sward 708-354-5782	Suburban Serendipity Loop ride E-S-W-N. Snacks at Wild Oats in Hinsdale. York Commons is located 3/10 of a mile South of Vallette on York Road (stop sign) on East side. Enter on Cayuga Street. Park at the South end of the lot.
Wed., Sept 3	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., Sept 3	6:30 PM	Distance & Pace TBD	Glen Ellyn or Lombard	Marty Kotecki 630-776-0151	Wednesday Night Fast Pace Ride Contact Marty for the start location.
Thu., Sept 4 – 14	9:00 AM	550 miles Slow	St George Restaurant	Freda Brown 847-891-6010	Self-Contained Utah Loop A loop route encompassing Zion, Bryce, Pipe Springs, Coral Pink Sand Dunes, Hatch, Lake Panziutd, and CedarBreaks.
Thu., Sept 4	9:30 AM	60 miles 12 mph	McCollum Park Downers Grove	Mike Struglinski 708-246-2089	Ride to Aurora for lunch. Road and trails.
Fri., Sept., 5	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's house 1 South 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.
Fri., Sept 5	6:00 PM	20-ish 11-13 mph	155-B Quincy Court Bloomingtondale	Jeanne Whiting 630-669-8863	Wine and Cheese Ride Take a leisurely ride around some of the parks, paths, and lightly traveled streets in Bloomingtondale, Roselle, and Medinah. Refreshments at my place after the ride.

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
Sat., Sept., 6	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., Sept 6	9:00 AM	20-ish 9-11 mph	Meacham Grove East FP parking lot	Jeanne Whiting 630-669-8863	Deerfield Bakery Road and paved trail ride to the Deerfield Bakery in Schaumburg. Directions to Meacham: Take Lake St. West of I-355 to Circle. Go North on Circle about .25 of a mile. The FP entrance is on the left. Circle is West of Glen Ellyn Road and East of Bloomingdale/Roselle Rds.
Sat., Sept 6	9:00 AM	70+ miles 16-18+ mph	Ray Dal Lago's house in Addison	Ray Dal Lago 630-543-4655	The Ride To Mom's House In Mundelein Join Ray for a fast paced ride through DuPage, Cook and Lake counties. Lunch will be at Ray's Mom's and will be "on the house"! If you are going to ride, please call Ray so he knows how much food to have. The starting point is at Ray's house in Addison and he'll give you directions when you call.
Sat., Sept 6	10:00 AM	18-20 miles 8-10 mph	McCullum Park Downers Grove	Peter Turula 630-968-3527	New Adventure Ride Ride a new route to the hill in Greene Valley. This is mostly a road and paved trail route. At Greene Valley, you can ride or hike up the hill for a view of downtown Chicago.
Sun., Sept., 7	8:30 AM	25-35 miles 12-14 mph	Big Apple Bagels Elmhurst	Petra Hofmann 630-833-1667	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., Sept., 7	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., Sept., 7	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., Sept 8	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	MNR Reunion Tour – Destination To Be Determined. Hybrid or Mountain Bike recommended, lights required.
Wed., Sept 10 - 12				Carol Nield 630-964-2488	Carol Nield, Gerry Fekete, and Ted Sward are planning a three day discovery trip, visiting the Lewis and Clark sites in Illinois and Missouri. The ride will start in Hartford, IL (near St. Louis). This will be a self-contained camping trip – staying in two different Illinois State Parks and following the first few sections of the Adventure Cycle Lewis and Clark Bike Route. we will cover around 100-150 miles total. Final plans are still being made. Anyone interested in joining us can contact Carol Nield.
Wed., Sept 10	9:00 AM	30-35 miles 12-14 mph	Villa Park Depot	Chuck Ziemer 630-323-8083	Ride to Busse Woods and return via bakery in Itasca.
Wed., Sept 10	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., Sept 10	6:30 PM	Distance & Pace TBD	Glen Ellyn or Lombard	Marty Kotecki 630-776-0151	Wednesday Night Fast Pace Ride Contact Marty for the start location.
Fri., Sept 12	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., Sept 13	8:30 AM	40-45 miles 16-18+ mph	McCullum Park Downers Grove	Peter Turula 630-968-3527	Saturday morning fast road ride to the Illinois & Michigan Canal in Willow Springs.
Sat., Sept 13	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., Sept 14	8:30 AM	25-35 miles 12-14 mph	Big Apple Bagels Elmhurst	Petra Hofmann 630-833-1667	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., Sept 14	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., Sept 14	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Mon., Sept 15	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Older Than Dirt Ride – We'll take a ride through the oldest Forest Preserve in DuPage County, then go in search of the Mammoth Springs Historical Marker in Oak Brook. Some Busy streets, paved trails, gravel trails. Mountain or Hybrid Bike recommended, lights required.
Wed., Sept 17	9:00 AM	25 miles 10-12 mph	Spring Rock Park Western Springs	Vicki Pate 630-655-4698	Ride streets and paths in Oak Brook, Hinsdale, Clarendon Hills, and Downers Grove. Rest stop at Caribou Coffee in Willowbrook.
Wed., Sept 17	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., Sept 17	6:30 PM	Distance & Pace TBD	Glen Ellyn or Lombard	Marty Kotecki 630-776-0151	Wednesday Night Fast Pace Ride Contact Marty for the start location.
Fri., Sept 19	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's house 1 S. 110 Nor- mandy Woods Ln. 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., Sept 19	6:00 PM	1 hour ride 10-12 mph	Villa Park Depot	Judy Mikesell 630-833-1036 630-290-2675 day of the ride	Ethnic Dinner Ride The last Ethnic Dinner Ride of the season, We will ride for an hour then enjoy dinner at a local independent ethnic restaurant. Will need lights for short ride back to start. Bring \$.
Sat., Sept 20	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., Sept 20	9:30 AM	12 miles 10-12 mph	Busse Woods FP Bisner Road entrance	Judy Mikesell 630-833-1036 630-290-2675 day of ride	Ride the Busse Woods FP Trail Start: South lot – take I-290 to Biesterfield go East to Bisner Rd. (traffic light) turn left North. Entrance to FP is on the left. Meet in the first parking lot.
Sat., Sept 20	9:30 AM	35 miles 11-13 mph	Depot Elmhurst	Lew Worthem 630-834-5281	Magical Musical Machine Ride Experience the antique music box collection at the Park Ridge home of Margaret Bisberg and Richard VanMetre. See the amazing Steinway Duo-Art reproducing piano and hear a performance by George Gershwin. Refreshments. Urban/suburban stretches, a few busy stretches.
Sun., Sept 21	8:00 AM	35 miles 12-14 mph	Beecher Center Yorkville	Janet Koludrovic 630-964-5126	Ride to Big Rock (possible extra 20 mile loop depending on group)
Sun., Sept 21	8:30 AM	25-35 miles 12-14 mph	Big Apple Bagels Elmhurst	Petra Hofmann 630-833-1667	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., Sept 21	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., Sept 21	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., Sept 21	12:00 PM	30-40 miles 12-14 mph	Depot Elmhurst	Jeanne Whiting 630-669-8863 Larry Gitchell 708-409-0105 H 708-421-0120 C	7 th Annual Eli's Cheesecake Festival We'll be heading over to Eli's Cheesecake World on the Western edge of Chicago for the 7 th Annual Cheesecake Festival. We'll be riding on busy streets with occasional sidewalk and parking lot segments. The festival features a cookout by Eli's the Place for Steak, antique car show, Greyhound Rescue, musical entertainment and of course, cheesecake. In addition, donate any non-perishable food to the Greater Chicago Food Depository and get a free slice of Eli's Cheesecake.
Mon., Sept 22	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	The Real Last Ride of Summer – Autumn begins tomorrow! Some Busy streets, paved trails, gravel trails. Mountain or Hybrid Bike recommended, lights required.
Tues., Sept 23	9:00 AM	16-18 miles 8-10 mph	Depot Elmhurst	Gerry Feteke 708-352-0913	New Adventure Ride Ride to the Trailside Museum in River Forest. Enjoy the indoor and out door exhibits, which include various animals and native plants. Bring snacks.
Wed., Sept 24	9:00 AM	35-40 miles 12-14 mph	Buffalo Woods Willow Springs	Chuck Ziemer 630-323-8083	Ride city streets through close-in southwestern suburbs to the Beverly Hills neighborhood on the Southwest side of Chicago. Lunch at Java Express in Chicago (or bring your own). Buffalo Woods parking lot is on the North side of 87 th Street about .25 miles East of LaGrange Rd.
Wed., Sept 24	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Sept 24	6:30 PM	Distance & Pace TBD	Glen Ellyn or Lombard	Marty Kotecki 630-776-0151	Wednesday Night Fast Pace Ride Contact Marty for the start location.
Sat., Sept 27	8:30 AM	40-45 miles 16-18+ mph	McCullum Park Downers Grove	Peter Turula 630-968-3527	Saturday morning fast road ride to Plainfield and back.
Sat., Sept 27	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., Sept 27	11:00 AM 11:45 AM Chicago Time!!!	25 miles 10-14 mph	Three Oaks, MI High School St. Julian's Winery	Susan Kilgore 630-515-1865	Apple Cider Pre-Ride You must be registered for the Apple Cider Century in order to park at the high school. The route is a circle and will go to the St. Julian's Winery first, to pick up riders who are NOT registered. Upon returning to the school, two "Soos" (that's Solberg & Kilgore) will provide a rest stop (from there it is five miles back to the winery). Also planned for the weekend is a BYOM (M=meat) for grilling & something to share for a cookout dinner at the school campground. Take I-94 East to Exit 6 in Michigan (for winery or school). That's just 6 miles inside Michigan, and just under 100 from Elmhurst.
Sun., Sept 28	8:30 AM	25-35 miles 12-14 mph	Big Apple Bagels Elmhurst	Petra Hofmann 630-833-1667	Slow Polkow Ride Urban-Suburban-Some trails ride.
Sun., Sept 28	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., Sept 28	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., Sept 29	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Night of The Living Flamingos' Ride - Some Busy streets, paved trails, gravel trails. Mountain or Hybrid Bike recommended, lights required.
Tues., Sept 30	8:30 AM	18-20 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688	New Adventure Ride Ride to and through Three Forest Preserves.

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

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

BIKE CLUB INVITATIONALS

Fall has some good offerings for bike invitationals. Here is a listing of the local ones for September and October.

Sunday Sept. 7	Harmon Hundred Wilmot, WI	847-520-5010	www.wheelmen.com
Sunday Sept 7	Calumet Crank Club - Lakeshore Century Chesterton, IN	219-662-6923	www.bicycling.org
Sunday Sept 17	Capital City Century - Springfield, IL	217-698-1724	www.spfldcycling.org
Saturday Sept 13	Amish Country Bike Tour - Arthur, IL Decatur Bike Club	800-722-6474	
Sunday Sept 14	City Cycle Tour for MS Chicago	888-343-1179	www.msillinois.org
Sunday Sept 14	TOSCO Stillman Valley, IL	815-874-6824	mbira46@earthlink.net
Sunday Sept 14	Boulevard Lakefront Tour - Chicago Chicago Bicycle Federation	312-427-3325	www.biketraffic.org
Sunday Sept 21	North Shore Century - Evanston, IL Evanston Bike Club	847-866-2187 or 847-866-7743	
	www.evanstonbikeclub.org		
Sunday Sept 28	Apple Cider Century Three Oaks, MI	888-877-2068	
	www.applecidercentury.com		
Sunday Oct 5	Pumpkin Pedal Bike Tour - Elgin, IL	630-377-7250	
Sunday Oct 5	Pumpkin Pie Ride Ottawa, IL	815-433-5035	

Sunday Morning Ride Seeks New Venue



Big Apple Bagels in Elmhurst has gone out of business; rides listed as starting from there will continue to start from the plaza at the corner of York Street and Schiller Ave. in downtown Elmhurst until

further notice. **Dave Polkow** is looking for feedback on a possible move to Panera Bread at North and York in Elmhurst. Contact **Dave** at **630 832-8131** or **dapolkow@aol.com**