

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

Publicity

Open

List Server

Marty Kotecki

630 620-6434

orionradion@msn.com

Route Librarian

Rich Kuhlman

630-462-5427

rkuhlman99@comcast.net

Metro Metric

Joanne Dezur

630-833-7688

Cyclejoey@aol.com

Safety

Ted Sward

708-354-5782

Newsletter Collating

Judy Mikesell

630-833-1036

mikesell2@juno.com

Sergeant at Arms

Mike Struglinski



Cue Sheet

October 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

1. Safety—When you receive this newsletter the days will be rapidly shortening as fall approaches. This means that many of you will be riding under conditions of diminished visibility. The worst time is just before it is totally dark (or light for you early risers). At this time some automobile drivers have not turned on their headlights which makes it difficult for them to recognize bicyclists. It is therefore imperative for you to wear reflective or light colored clothing and make sure you have the mandatory reflectors front, rear, on wheels, and pedals. One of the most effective devices are the flashing LED lights which are strikingly visible for long distances. The highly visible warning triangles used on farm equipment are also recommended for both day and night use.

If you ride extensively at night a high quality headlight should be used. Make sure you turn it on early if you are riding on roads so motorists can see you in time to avoid a conflict.

When leaves begin to fall their accumulation on the riding surface can create a real hazard especially when they are wet.

The fall is a good time to check your bike over very carefully after a full summer riding season. It is easier to perform this work before the days become very short and temperatures begin to fall. Remember fall and early winter are great times to ride—BE READY FOR THEM AS YOU CONTINUE RIDING AT THE SPEED OF FUN.

2. And such—Trivia

When you get ready to discard an old inner tube, cut about a 2-foot section out of it and toss it into your 'junk' drawer. By cutting off narrow pieces you create excellent heavy duty rubber bands. By varying the width you can also vary their strength. If you can save tubes from Road, Hybrid, and Mountain Bikes you will have three different diameters to choose from. These are eminently useful for many tasks around the house.

You can make a compact first aid kit from an inexpensive hinged soap dish. There is room enough for all the basic essentials, a few of which are:

- Antiseptic wipes
- Adhesive Bandages
- 2 x 2 compresses
- Folding scissors
- Polysporin (antibiotic ointment)
- Moleskin (for hikers' blisters)
- Personal medications, etc.

Place this soap container in a Ziploc® bag to keep it from getting wet. If you would like to see a sample of one of these stop me on a ride sometime, as I always carry one.—

TED SWARD 708 354-5782

Editor's Note



We're all the way into October, and we still have so many rides scheduled that I don't have room for the Directions to Starting Locations again this month. I'm told **Cindy** and **Sharon** have been working on a new listing for the website, along with links to Mapquest to make it easier. Surf on over and check it out at www.elmhurstbicycling.org. You'll find a ton of other information there, too!—
Larry

Lewis and Clark Discovery Ride Report

Nine club members just returned from a 3 day self-contained bike trip in SW Illinois. We camped in Pere Marquette and Horseshoe Bend State Parks, visited the Lewis and Clark Interpretive Center in Hartford, took ferries across the Illinois and Mississippi Rivers, and crossed the Mississippi on both the Chain of Rocks and the Clark Bridge. **Mary Jo Bolan, Gerry Fekete, Sharon Ganske, Phil Keller, Carol Nield, Al Stanke, Ted Sward, Peter Turula, and Earl Weber** participated in this ride. Four of the riders had never done a self-contained ride before. But they had prepared well and were able to complete the ride. We had a grand time following the Mighty Mississippi.—**Carol Nield**

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

VICKI KRSTANSKY
COUNTRYSIDE
mgcfngrs10@juno.com

TOM REXING
LOMBARD

Ride Leader Responsibilities

We are having some inconsistencies with the Club Ride Sheets that are being submitted by Ride Leaders. Some Ride Leaders are entering the names of their riders themselves. Some sheets have only first names and others just last names. A few are just unreadable.

A part of the "Ride Leader Responsibilities," as stated in the rules of the club, is to have each rider sign in on the official ride sheet. Which means each rider *personally* signs the sheet. Members print their name on the front of the sheet, and guests are required to *sign* and *print* their name on the opposite side. From a liability point of view, it's critically important for Ride Leaders to be sure they know which of their riders are guests, and to have them print and sign their names on the guest side of the club ride sheet.

I am asking each Ride Leader to please take the time to know who your guests are and to have all your riders properly sign your ride sheet.

Thank you to all our Ride Leaders. Without you, our Ride Schedule would consist of just a few Show & Go Rides.

Ed Curtin
Ride Captain

We're growing every month!

<u>Type</u>	<u>Memberships</u>	<u>Members</u>
Family	70	170
Individual	<u>169</u>	<u>169</u>
Total	239	339

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

October Meeting

Thursday, October 9th, 7:00 PM

At

Community Bank of Elmhurst

—Program—

Upcoming Programs

—November—

Deborah Fagan

Chief Planner and County Trail System Coordinator

DuPage Cty Dept. of Economic Development and Transportation Planning

Collating Party

Friday, October 24th 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 November 2003 Ride Schedule is October 11th, the second Saturday of October. 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 November 2003 Cue Sheet is Monday, October 13th.

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



This month's Bike'n on the Web column looks at cycling magazines, from major commercial offerings to segment specific ones. There is a wealth of information and some great links to be followed from the on-line offerings of these magazines. As I started writing this column I realized there is just too much information to put in one article. So....., I am going to put you to

work this month. Following is a list of magazines with their web sites and a teaser line. The rest is up to you!

First, I have listed the mainline magazines with all their slick commercial content.

Bicycling (www.bicycling.com) The largest subscription magazine available with many articles and links.

Mountain Bike (www.mountainbike.com) Sister publication to Bicycling, with similar coverage for mountain biking.

Enthusiast magazines, some with specialties and others with a racing focus.

Asphalt (www.asphaltmag.com) Edited by Patrick Brady, this new magazine has some of the best (honest) reviews I have ever read.

ProCycling (www.procycling.com) Published in the UK, this personal favorite of mine, has very good coverage of the Division 1 pro teams.

Ride Cycling Review (www.ridemedia.com.au) This Australian magazine has great reviews and pro cycling coverage.

Cycle Sport magazine (www.cyclesportmag.com) With close ties to World Cycling Productions, this US published offering has great race and pro coverage.

Velo News (www.velonews.com) 20 issues per year for all who can't get enough cycling news. On-line they report on the Tour de France, live!

Special interest magazines bring us information on specific segments of cycling.

Tandem (www.tandemmag.com) This magazine advertises itself as having "The highest seat to wheel ratio of any bicycling magazine in the world."

Recumbent (www.recumbencyclistnews.com) As their name implies, this is the magazine for "low riders"

Now since you are really in the mood to surf the web try going to **CyberCyclery** (<http://cyclery.com/ws/readings.html>) where you can find links to 135 print and web based bicycling magazines. Happy surfing! **NEXT MONTH:** We'll look at several of the on-line coaching programs that are available to help take us to the next level of performance. **Rich** (Traveling at the speed of the internet) **Kuhlman**

Halloween Party

Sunday October 26, 2002



Halloween is just around the corner. Time to start working on costumes for you and your bike. Costumes are optional, but what a wonderful parade of scary spooks we are (Make sure your costumes are **BIKER FRIENDLY**). There will be three rides—a short one for the little ghosts and goblins, which will start at 12:00 noon and two for the larger spooks, which will start at 10:30 AM.

The ghoulish event will be at **Marge Ricke's** spook house, 16W701 Red Oak in Bensenville. There will be "Tricks & Treats" following the ride. I will need volunteers to bring treats. I will have a sign-up sheet for side dishes, desserts, and beverages. Please see me at the October meeting or call **630-616-8481(H)** or **630-543-8607(W)** if you will be bringing something.

Return of the Skiing Penguin

UP Ski Trip 2004, February 1 to February 6, 2004



Contact **Ed Curtin**, **847-981-1677** or email curtine1@comcast.net for more information.

Sunday Morning Venue Change

Following the demise of the Big Apple Bagels in downtown Elmhurst, the starting location for the Sunday Morning Rides has been moved to the parking lot of Panera Bread, located at the corner of North Ave (IL Route 64) and York Road in Elmhurst. Contact Ride Leaders **Dave Polkow 630-832-8131** or **Petra Hofmann 630-833-1667** for further information.

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: Easton carbon fiber bar, used, 195 gm, 44 cm \$45 (\$180 new), Cinelli Solido stem, used, 110 mm, 135 gm \$25 (\$100 new), has reversible rise so it can be either +/- 10°. Call or e-mail **Rich Kuhlman 630-462-5427**, rkuhlman99@comcast.net. (10/03)

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

Road bike for sale: Cinelli road bike size 57cm (c to c). Color red with yellow tape. Completely equipped with Shimano Dura Ace components including pedals. Cinelli bars and stem, Campy wheels and seat post. Sel Italia saddle. Frame is Columbus SLX tubing. \$1300 with dickerling; \$1200 without dickerling. **Roland Porter: porter411@comcast.net** or call **630-655-1890**. You can ride at the speed of fun (or even faster) on this beautiful bike.

October 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., Oct 1	8:30 AM	40 miles 12-14 mph	Lake Katherine Nature Preserve	Gerry Fekete 708-352-0913	Ride the Tinley Creek Trails (paved and some roads). Bring snacks. Lake Katherine is located on Route 83 West of Harlem and 1 block East. of 76 th Ave. Entrance is on the North side. Drive into the parking lot.
Wed., Oct 1	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Show & Go Riders that show determine a Ride Leader	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., Oct 1	6:30 PM	Distance & Pace TBD	Gazebo Glen Ellyn or Mile Zero Wheaton	Marty Kotecki 630-776-0151	Wednesday Night Fast Pace Ride on paths. Contact Marty for the start location.
Sat., Oct 4	8:00 AM	60 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Long Grove Apple Festival Ride Take a ride to the world famous Long Grove Apple Festival!! Bring a lock, money, and panniers to bring home the goodies. Some busy streets, paved trails, and a short gravel road segment.
Sat., Oct 4	9:00 AM	Ride Leader, Distance, & Pace TBD	Depot Elmhurst	Show & Go Riders that show determine a Ride Leader	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., Oct 5	8:30 AM	25-35 miles 12-14 mph	Panera Bread parking lot	Petra Hofmann 630-833-1667	Slow Polkow Ride Urban-Suburban-Some trails ride. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Oct 5	8:30 AM	33-38 miles 16-18+ mph	Panera Bread parking lot	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. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Oct 5	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	Show & Go Riders that show determine a Ride Leader	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., Oct 6	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	"Night Court" Ride The Supreme Court convenes tomorrow. Some busy streets, paved trails, gravel trails. Mountain or Hybrid Bike recommended, lights required.
Tues., Oct 7	9:00 AM	20 miles 8-10 mph	Volunteer Park	Ed Curtin 847-981-1677	New Adventure Ride Ride the IPP to Pratt Wayne Woods FP. Bring snacks.
Wed., Oct 8	9:00 AM	52 miles 11-14 mph	Townline Rd. Vernon Hills	Jerry Radek 847-673-8159	Ride the unpaved curvy Des Plaines River Trail through scenic woods and wet lands. Bring lunch, snacks, & water. Road bikes OK. Go N. on I-94. Exit W. on Rt. 60 (Townline Rd.) The parking lot is located on the left side (south side) of Rt. 60 immediately W. of the Des Plaines River. Joint ride with the Evanston Bike Club.

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

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Oct 8	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Show & Go Riders that show determine a Ride Leader	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., Oct 8	6:30 PM	Distance & Pace TBD	Gazebo Glen Ellyn or Mile Zero Wheaton	Marty Kotecki 630-776-0151	Wednesday Night Fast Pace Ride Contact Marty for the start location.
Thu., Oct 9	7:15 PM	Monthly Club Meeting	Elmhurst Com- munity Bank	Bob Sack 630-323-5711	Monthly club meeting at the Elmhurst Community Bank located at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Fri., Oct 10	9:30 AM	30-35 miles 11-13 mph	Busse Woods FP Bisner Rd. En- trance	Ed Curtin 847-981-1677	Ride To Lake Arlington Pack your picnic lunch and/or snacks and ride to beautiful Lake Arlington for lunch. Ride will be on roads and paved trails.
Fri., Oct 10	6:00 PM	20-25 miles 12-14 mph	155-B Quincy Ct. Bloomingtondale	Jeanne Whiting 630-669-8863	Moonlight Madness Ride around Bloomingdale, Medinah, and Roselle on roads and trails. Even though there will be a full moon, lights are required. Treats at my place after the ride.
Sat., Oct 11	8:00 AM	45 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Navy Pier Expedition We'll take a ride down to Navy Pier and back. Route will be on city streets and some paved path segments. Mountain or Hybrid Bike recommended. Bring snacks or money to get some, and a lock.
Sat., Oct 11	9:00 AM	Ride Leader, Distance, & Pace TBD	Depot Elmhurst	Show & Go Riders that show determine a Ride Leader	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., Oct 11	9:30 AM	50 miles 12-15 mph	Gazebo Glen Ellyn	Jim Pospiech 630-640-0575	Scare Crow Fest Ride Ride to the St. Charles Scare Crow Fest. Mostly path, some low stress roads. Bring lock & \$\$\$\$. BONUS miles leave with leader from home at 8:45. Directions: Lake St. (Rt. 20) three miles W. of Rt. 53 (I-355). Left on Fairfield cross Schick Rd. to Bourne Ln. about 4 blks. turn R. on Bourne 2 nd house on the R. Going to the ride start location, we would go straight down Glen Ellyn Rd.
Sun., Oct 12 to Sat., Oct 18				Sharon Ganske 630-462-3734	Tour The Katy Trail Contact Sharon Ganske for details.
Sun., Oct 12	8:30 AM	25-35 miles 12-14 mph	Panera Bread parking lot	Petra Hofmann 630-833-1667	Slow Polkow Ride Urban-Suburban-Some trails ride. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Oct 12	8:30 AM	33-38 miles 16-18+ mph	Panera Bread parking lot	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. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Oct 12	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	Show & Go Riders that show determine a Ride Leader	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., Oct 13	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	North To Itasca Celebrate Canadian Thanksgiving Day with a ride North! Route will be pavement with a possible short gravel trail segment. Bring lights; it will be dark about 15 minutes after ride time.
Wed., Oct 15	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Show & Go Riders that show determine a Ride Leader	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., Oct 15	6:30 PM	Distance & Pace TBD	Gazebo Glen Ellyn or Mile Zero Wheaton	Marty Kotecki 630-776-0151	Wednesday Night Fast Pace Ride on paths. Contact Marty for the start location.
Sat., Oct 18	8:00 AM	40 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	"Y a Leaning Tower?" Ride We'll visit the famous Leaning Tower of Niles. Route will be on city streets, occasionally busy, with some paved trail segments and sidewalk sneaks. May include an American Science & Surplus stop. Bring a lock.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Oct 18	9:00 AM	24 miles 10-12 mph	Virgil Gilman Trail Head Aurora	Joanne DeZur 630-833-7688	Virgil Gilman Paved Trail Ride Ride the trail to Waubensee College and back again. 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. Bring snacks.
Sat., Oct 18	9:00 AM	Ride Leader, Distance, & Pace TBD	Depot Elmhurst	Show & Go Riders that show determine a Ride Leader	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., Oct 19	8:30 AM	25-35 miles 12-14 mph	Panera Bread parking lot	Petra Hofmann 630-833-1667	Slow Polkow Ride Urban-Suburban-Some trails ride. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Oct 19	8:30 AM	33-38 miles 16-18+ mph	Panera Bread parking lot	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. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Oct 19	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	Show & Go Riders that show determine a Ride Leader	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., Oct 20	6:00 PM	25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Fall Classic Ride Will our local teams be in the World Series? Whatever happens, we'll have a ball on this night ride! Route to be determined, lights required.
Tues., Oct 21	9:00 AM	18-20 miles 8-10 mph	McCullum Park Downers Grove	Peter Turula 630-968-3527 H 630-643-3527 C	New Adventure Ride An all road route with a stop at a donut shop in Lisle.
Wed., Oct 22	9:30 AM	30-35 miles 11-13 mph	Busse Woods FP Biesner Road Entrance	Ed Curtin 847-981-1677	Ride The Schaumburg Bikeways and Poplar Creek Bike Path. All roads and paved trails. Bring snacks.
Wed., Oct 22	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Show & Go Riders that show determine a Ride Leader	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., Oct 22	6:30 PM	Distance & Pace TBD	Gazebo Glen Ellyn or Mile Zero Wheaton	Marty Kotecki 630-776-0151	Wednesday Night Fast Pace Ride on paths. Contact Marty for the start location.
Fri., Oct 24	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 Mikesell for directions.
Fri., Oct 24	7:45 PM	25 miles 13-15 mph	Villa Park Depot	Larry Gitchell 708-409-0105 H 708-421-0120 C	Post-Collating Ride on the Wild Side Help your friendly newsletter editor celebrate his birthday with a nocturnal expedition through the western suburbs. Route to be determined, lights required.
Sat., Oct 25	9:00 AM	Ride Leader, Distance, & Pace TBD	Depot Elmhurst	Show & Go Riders that show determine a Ride Leader	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., Oct 25	9:30 AM	38 miles 11-15 mph	LeRoy Oaks FP St. Charles	Jim Pospiech 630-640-0575	Sycamore Pumpkin Festival Ride to the Pumpkin Festival in Sycamore. A path ride with road option. Bring lock and \$\$\$\$ BONUS miles, (30 RT), leave from ride leader's house. This would be medium stress roads round-trip. (weather permitting) Start 7:45 AM. Directions: Lake St. (Rt. 20) three miles W. of Route 53 (I-355). Left on Fairfield cross Schick Road to Bourne Lane (about 4 blocks), turn Right on Bourne, 2 nd house on the Right.
Sun., Oct 26	8:30 AM	25-35 miles 12-14 mph	Panera Bread parking lot	Petra Hofmann 630-833-1667	Slow Polkow Ride Urban-Suburban-Some trails ride. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Oct 26	8:30 AM	33-38 miles 16-18+ mph	Panera Bread parking lot	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. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Oct 26	10:30 AM Noon 1-3 PM	25 miles 10-12 mph 35 miles 14-16 mph Family Ride 8-10 mph Party (Be there or turn into a pumpkin!)	Marge Ricke's House 16W701 Red Oak Bensenville	Marge Ricke 630-616-8481 H 630-543-8607 W	Halloween Party Ride Come on out and enjoy some EBC Halloween Festivities. Costumes are optional. There'll be bike rides for adults and family. The party will follow the bike rides. For further details, see the article on page 3. Directions to Marge's house: From the South, take Rte. 83 N. to Red Oak, which is the first street S. of Third Ave., turn right and go 2.5 blocks. East. From the North, take Rte. 83 S. to Third Ave. Turn left onto Third Ave. and go one block to Briar Lane then turn right. Go to Red Oak and turn left.
Sun., Oct 26	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	Riders that show determine a Ride Leader	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., Oct 27	6:00 PM	25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Inside of a Dog Ride Mark Twain once said "Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read." That describes the conditions at the start of this ride, too. Route to be determined, lights required.
Wed., Oct 29	9:00 AM	23 miles 11-13 mph	Depot Elmhurst	Gerry Feteke 708-352-0913	Four Cemeteries Ride See some interesting sites such as the Bishop's Mausoleum, Big Al's Grave, Showmen's Rest, and Forest Home Cemetery's Historical Landmarks. Bring snacks. Will stop at Burger King.
Wed., Oct 29	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Show & Go Riders that show determine a Ride Leader	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., Oct 29	6:30 PM	Distance & Pace TBD	Gazebo Glen Ellyn or Mile Zero Wheaton	Marty Kotecki 630-776-0151	Wednesday Night Fast Pace Ride on paths. Contact Marty for the start location.
Fri., Oct 31	6:00 PM	25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Trick or Treat with SPD Cleats Poke into the dark scary places on this Halloween excursion! Bring lights – lots and lots of lights...

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.

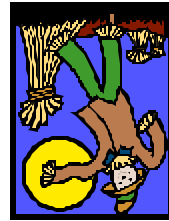
Date _____ Signature _____

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

October



www.elmhurstbicycling.org

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

Congress Saves Transportation Enhancements!

By Ed Barsotti, Executive Director, League of Illinois Bicyclists

News from the League of Illinois Bicyclists...

On September 4, the House of Representatives voted overwhelmingly (327-90) to restore funding for the Transportation Enhancements program in the 2004 Transportation Appropriations bill. A bi-partisan amendment was led by Representatives Petri (R-WI) and Olver (D-MA).

Since 1991, the Enhancements program has been the main federal funding source for trails, bike lanes, and other bike infrastructure throughout the country. Bikeways account for roughly half of Enhancements dollars, less than 1% of all federal transportation spending. Illinois bike projects have received over \$100 Million during that time - see www.enhancements.org for a list.

Earlier this summer, a House Appropriations subcommittee removed the popular program from this year's spending package, diverting the funds to more roadwork. An effort to restore dedicated Enhancements funding barely failed in full committee, but won decidedly on the House floor. A broad coalition of groups contributed to the effort.

With Enhancements intact in the Senate bill, the House victory restores the program for 2004. It also puts the bicycle and pedestrian community on strong footing for the bigger battle over the reauthorization of TEA-21, the 6-year transportation funding bill that will continue to be defined over the

coming year. The Bush Administration's SAFETEA proposal maintains Enhancements, but reduces its effective amount of funding by 15%. House and Senate versions are being developed now.

Illinois did particularly well in the 327-90 vote. Yes: Biggert, Costello, Crane, Davis, Emanuel, Evans, Gutierrez, Hyde, Jackson, Johnson, Kirk, LaHood, Lipinski, Rush, Schakowsky, Shimkus, Weller. No: Manzullo. Not voting: Hastert. Congressman LaHood not only testified for Enhancements on the House floor, but he was one of only two Appropriations members nationwide who went against their leadership on the committee vote.

A huge thanks to everyone who responded to LIB's written, e-mail, and web alerts - you showed that Illinois supports bicycling! Please watch www.bikelib.org and www.americabikes.org for future developments.

The League of Illinois Bicyclists is the statewide advocacy voice for all Illinois bicyclists, promoting bicycle access, education, and safety. Find out more at www.bikelib.org/join