

## Board Members

President

**Bob Sack**

630 323-5711

[judy8831@aol.com](mailto:judy8831@aol.com)

Vice President / Ride Captain

**Ed Curtin**

847-981-1677

[curtine1@comcast.net](mailto:curtine1@comcast.net)

Secretary

**Sharon Ganske**

630-462-3734

[Ganskesh@hotmail.com](mailto:Ganskesh@hotmail.com)

Treasurer

**Chuck Ziemer**

630-323-8083

[cziemer2@earthlink.net](mailto: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](mailto:mystromboli@mac.com)

Newsletter Editor

**Larry Gitchell**

708-409-0105

[LarsofMars@aol.com](mailto:LarsofMars@aol.com)

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[cycling33@comcast.net](mailto:cycling33@comcast.net)

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Publicity

Open

List Server

**Marty Kotecki**

630 620-6434

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Route Librarian

**Rich Kuhlman**

630-462-5427

[rkuhlman99@comcast.net](mailto:rkuhlman99@comcast.net)

Metro Metric

**Joanne Dezur**

630-833-7688

[Cyclejoey@aol.com](mailto:Cyclejoey@aol.com)

Safety

**Ted Sward**

708-354-5782

Newsletter Collating

**Judy Mikesell**

630-833-1036

[mikesell2@juno.com](mailto:mikesell2@juno.com)

Sergeant at Arms

**Mike Struglinski**



# Cue Sheet

## November 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

Here it is November and winter is fast arriving which requires us to pay attention to some seasonal hazards. Wet (or dry) leaves obscure potholes, trail edges, and slippery surfaces. You may encounter freezing conditions which creates ice, particularly "black" ice, which is difficult to see until it's too late to prevent a fall. When you get very cold it is not uncommon to develop "tunnel vision" because you are feeling miserable and are more worried about yourself than your surroundings. These factors, along with the usual "mileage mania" where people intent upon reaching their mileage goals and awards, find them out in all kinds of weather and poor visibility.

There is some great riding available during the winter months, but special precautions and alertness are needed. **Ted Sward 708 354-5782**

## \$6,000.00 REWARD

Now that I have your attention, this is the amount we would like to make as a profit on the Metro Metric XXIV. However, here is the catch; we need chair people to help put on this event in 2004.

I have asked at meetings and on the computer with no responses. This is one time you cannot wait until it gets closer to July 27, 2004 to think about volunteering. Listed below are the positions that need to be filled or we will be unable to have a Metro Metric. As the past volunteers will tell you I am not a sit back and do nothing chairman, but I cannot do it without members to help me.

PLEASE think very seriously about helping. For those of you that may be new, this is our one money making event and helps us to keep the Elmhurst Bicycle Club afloat in addition to making some much needed donations. I have complete instructions for each position and past chair people will be happy to answer any questions.

Publicity and Donations

(These can be split if necessary)

(We have a complete list and phone numbers for past donators)

Route Marking

(To be done the day before or that morning)

It would be a shame to stop having this invitational because in 2005 it will be our 25th Metro and says a lot about the longevity of our club.

Thank You;

**Joanne DeZur 630 833-7688** or [cyclejoey@aol.com](mailto:cyclejoey@aol.com)

## **Time to Renew**

Please don't forget that membership renewals are due before December 31st—The form is on page 7, or you can print one from the club website at:

**[www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)**

**Have a Happy and Safe Halloween!**

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

**RAY BRITTON**  
LYONS  
greatbritton@surfbest.net

**NANCY AND MATTHEW GRIFFIN**  
HINSDALE  
nhgriffin@aol.com

### Ride Leader Responsibilities

The purpose of this short article is to remind Ride Leaders of the steps that need to be taken in the event a "Published" ride must be cancelled.

If the leader is going to be unavailable to lead the ride, then the leader should get an alternative leader. If that is not possible the leader should get someone to go to the start location to inform any rider who shows up. These two steps should be done even if the hotline and website is changed and a notice is sent to the list-server. Riders don't always call the hotline or check the online schedule or pick up e-mail messages.—**Ed Curtin**

### We're growing every month!

Type	Memberships	Members
Family	71	172
Individual	172	172
Total	243	344

### 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](mailto: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](mailto:curtine1@comcast.net)

EBC Website

[www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)

### November Meeting

Thursday, November 13th, 7:00 PM

At

Community Bank of Elmhurst

—Program—

Deborah Fagan

Chief Planner and County Trail System Coordinator

DuPage Cty Dept. of Economic Development and Transportation Planning

### Upcoming Programs

—December—

### Collating Party

Friday, November 28th 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 December 2003 Ride Schedule is November 15th, the second Saturday of November. Call Ride Captain **Ed Curtin**, **847-981-1677**, email **Ed** at [curtine1@comcast.net](mailto: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](http://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 December 2003 Cue Sheet is Monday, November 17th.

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](mailto:LarsofMars@aol.com)



### Climb All Day!

Bicycling from Zion National Park to Bryce Canyon national Park. From an elevation of 2000' to 7000' in one day. The red hills then mountains and red rock formations at Bryce Canyon are spectacular. Great color for pictures!  
*Photo by Freda Brown Diebold*



### EBC Meets UP

The Sunday morning Slow -Polkow Ride takes a break beside the Union Pacific tracks in Glen Ellyn as a freight train passes.

### Turkey Day Ride

8:00 AM, Thanksgiving, Thursday November 27, 2003



Dolphins and Walruses and Alligator Snapping Turtles, Oh My!! What exotic wildlife will we see on the year's edition of the Turkey Day Ride? Join us, and we'll find out!

The ride starts outside Stemple's Cycle Center, located at the crossing of the Illinois Prairie Path and Spring Road in Elmhurst, promptly at 8:00AM. Our pace will be a relaxed 12-14 MPH, with a warm-up stop at Starbucks coffee in La-Grange mid-ride. Our dedicated SAG driver will provide gear storage and snacks during our planned 1-hour stopover at Brookfield Zoo.

For more information, call **Larry Gitchell** at **708-409-0105**, or email **LarsofMars@aol.com**. (If you want to check the start location on Mapquest.com, type in 494 Spring Road, Elmhurst, IL 60126)



### 'Y' a Leaning Tower?

On Saturday, October 18th, **Frank Amorosi**, **John Park**, **Jeff Wincentsen**, and newsletter editor **Larry Gitchell** took a ride to the famous Leaning Tower of Niles on Touhy Avenue.

The Illinois version was constructed between 1931 and 1934 as a water tower. It's a half-sized replica of the original leaning tower of Pisa, Italy. Apparently the YMCA and the park around the tower were added later, because **Frank** remembers a lonely and abandoned tower while on his way to the Great Lakes Naval facility in 1951.

If you would like to find out more about either leaning tower, do a Google search on "Leaning Tower". Both versions should appear in your top 10 results.

After visiting the tower, we continued on to American Science & Surplus in Chicago—a great place to do your Halloween shopping! Then it was time to pay our dues, as the strong tailwind we enjoyed on the way out turned into a headwind coming back. Traffic was light, the weather was terrific, and we returned to Elmhurst with another 40 club miles on our odometers.—**Larry Gitchell**

**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**: 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 dicker; \$1200 without dicker. **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. (10/03)

# November 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
Sat., Nov 1	9:00 AM	Ride Leader, Distance, & Pace TBD	Depot Elmhurst	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	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., Nov 2	8:30 AM	25-35 miles 12-14 mph	Panera Bread parking lot	<b>Freda Diebold 847-891-6010</b>	Slow Polkow Ride Urban-Suburban-Some trails ride. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Nov 2	8:30 AM	33-38 miles 16-18+ mph	Panera Bread parking lot	<b>Dave Polkow 630-832-8131</b>	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., Nov 2	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Tues., Nov 4	9:00	20 miles 8-10 mph	Depot Elmhurst	<b>Joanne DeZur 630-833-7688</b>	New Adventure Ride We'll ride to Caribou's in Glen Ellyn for coffee.
Wed., Nov 5	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	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., Nov 5	6:30 PM	Distance & Pace TBD	Gazebo Glen Ellyn or Mile Zero Wheaton	<b>Marty Kotecki 630-776-0151</b>	Wednesday Night Fast Pace Ride on paths. Contact Marty for the start location.
Sat., Nov 8	9:00 AM	Ride Leader, Distance, & Pace TBD	Depot Elmhurst	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	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., Nov 8	9:00 AM	24 miles Slower Pace 52 miles 11-14 mph	Townline Rd. Vernon Hills	<b>Jerry Radek 847-673-8159</b>	Des Plaines River Trail Ride Ride the unpaved curvy Des Plaines River Trail through scenic woods and wet lands. Bring lunch, snacks, and water. Road bikes are OK. Go N. on I-94. Exit W. on Rt. 60 (Townline Rd.) Go to the parking lot entrance located on the S. side of Rt. 60 immediately W. of the Des Plaines River bridge. The parking lot is marked as a canoe launch. The nature of this ride, which is totally on the trail, gives me the opportunity to also have a 24 mile option at a slower pace than my ride. There's a turn around at the 12 mile mark. A ride leader can be picked at the start of the ride.
Sun., Nov 9	8:30 AM	25-35 miles 12-14 mph	Panera Bread parking lot	<b>Freda Diebold 847-891-6010</b>	Slow Polkow Ride Urban-Suburban-Some trails ride. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.

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

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Nov 9	8:30 AM	33-38 miles 16-18+ mph	Panera Bread parking lot	<b>Dave Polkow 630-832-8131</b>	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., Nov 9	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Wed., Nov 12	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	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., Nov 12	6:30 PM	Distance & Pace TBD	Gazebo Glen Ellyn or Mile Zero Wheaton	<b>Marty Kotecki 630-776-0151</b>	Wednesday Night Fast Pace Ride on paths. Contact Marty for the start location.
Fri., Nov 14	6:00 PM	20 miles 12-14 mph	Depot Elmhurst	<b>Larry Gitchell 708-409-0105 H 708-421-0120 C</b>	Take your (Model) Train To Work Day Ride We'll visit one real train display, and 3 model Railroad clubs in downtown Elmhurst. (One requests a donation for admission) Lights required, bring a lock.
Sat., Nov 15	9:00 AM	Ride Leader, Distance, & Pace TBD	Depot Elmhurst	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	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., Nov 16	7 AM 8:30 AM	Breakfast 25 miles 12-14 mph	Kappy's Restaurant 10 E. Roosevelt Road, Villa Park	<b>Richard Diebold 847-891-6010</b>	Diebold's 15 <sup>th</sup> Annual Birthday Ride Enjoy 7 AM Breakfast at Kappy's and then at 8:30 AM ride to the Brookfield Zoo. The ride will start from strip mall parking lot ½ block west of Kappy's. Short stroll through Zoo optional.
Sun., Nov 16	8:30 AM	25-35 miles 12-14 mph	Panera Bread parking lot	<b>Freda Diebold 847-891-6010</b>	Slow Polkow Ride Urban-Suburban-Some trails ride. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Nov 16	8:30 AM	33-38 miles 16-18+ mph	Panera Bread parking lot	<b>Dave Polkow 630-832-8131</b>	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., Nov 16	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Wed., Nov 19	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	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., Nov 19	6:30 PM	Distance & Pace TBD	Gazebo Glen Ellyn or Mile Zero Wheaton	<b>Marty Kotecki 630-776-0151</b>	Wednesday Night Fast Pace Ride on paths. Contact Marty for the start location.
Sat., Nov 22	9:00 AM	Ride Leader, Distance, & Pace TBD	Depot Elmhurst	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	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., Nov 23	8:30 AM	25-35 miles 12-14 mph	Panera Bread parking lot	<b>Freda Diebold 847-891-6010</b>	Slow Polkow Ride Urban-Suburban-Some trails ride. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Nov 23	8:30 AM	33-38 miles 16-18+ mph	Panera Bread parking lot	<b>Dave Polkow 630-832-8131</b>	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., Nov 23	12 Noon	Ride Leader, Distance, & Pace TBD	Gazebo Glen Ellyn	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Wed., Nov 26	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	<b>Show &amp; Go Riders that show determine a Ride Leader</b>	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., Nov 26	6:30 PM	Distance & Pace TBD	Gazebo Glen Ellyn or Mile Zero Wheaton	<b>Marty Kotecki 630-776-0151</b>	Wednesday Night Fast Pace Ride on paths. Contact Marty for the start location.

Date	Time	Distance	Start	Ride Leader	Ride Description
Thur., Nov 27	8:00 AM	28 miles 12-14 mph	Stemple's Cycle Center, Elmhurst (see article on page 3)	Larry Gitchell 708-409-0105 H 708-421-0120 C	The Traditional Thanksgiving Day Ride We'll ride to the Brookfield Zoo. Coffee/warm-up break at Starbucks in LaGrange. One hour stop over at the zoo; SAG Wagon and snacks included. See page 3 for start location.
Sat., Nov 29	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., Nov 30	8:30 AM	25-35 miles 12-14 mph	Panera Bread parking lot	Freda Diebold 847-891-6010	Slow Polkow Ride Urban-Suburban-Some trails ride. Panera Bread is located at the corner of York Rd. & North Ave. in Elmhurst.
Sun., Nov 30	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., Nov 30	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.

### EBC Hot Line

An electronic mailbox is available to obtain Metro Metric information. In addition, rides that have been published in the Cue Sheet Ride Schedule, and last minute rides that do not appear in the published ride schedule are itemized in the mailboxes listed below. Anyone wishing to hear about upcoming rides or leave a message should call 630-415-2453.

If you wish to leave a message for the Metro Metric Chairperson, press "1". Listen for the beep after the recording, and then leave your message.

If you wish to leave a message for the Ride Captain, press "2" or "3". Listen for the beep after the recording, and then leave your message.

If you wish to leave a message for the President, Treasurer, Secretary, or Membership Chairperson, do not press any keys, listen for the beep after the recording, and then leave your message.

Using a touch tone phone, one of the following mail boxes may be selected:

Metro Metric Information  
Unpublished Rides  
Published Rides

### EBC Online E-Mail System (List-Server)

Send a message to one address and automatically contact all members subscribed to the List-Server. Currently over 100 members are subscribed to the list. So when you send a message to the list, you are sending it to 100 members.

To send a message to the list-server, address messages to:

[elmhurst@topica.com](mailto:elmhurst@topica.com)

*But first, you must be a member of the Elmhurst Bicycle Club, and you must be subscribed to the list-server.*

To subscribe send a blank e-mail message to:

[elmhurst-subscribe@topica.com](mailto:elmhurst-subscribe@topica.com)

*All subscription requests will be checked for valid EBC membership before being added to the list server.*

Note: All E-Mail Addresses Remain Confidential

Submitted by **Ed Curtin**

## Skiing with Penguin Power

### UP Ski Trip 2004



February 1st through the 6th 2004 are the dates for the fabulous annual UP Cross Country ski trip. The Michigan UP always has plenty of snow for skiing and snow shoeing. The cross country ski trails are all groomed and some of the very best in the Midwest.

We will stay at the Indianhead Motel in Ironwood, MI. The Cross country ski package is \$175.00 based on double occupancy and \$215.00 for a single and includes:

- 5 nights lodging (Sunday thru Thursday night)
- 5 Trail use fees
- 5 Dinners at area supper clubs (\$10.00/person credit each night)
- 5 Continental Breakfasts

Downhill skiing is also available at a number of different venues. The package includes the same as above except instead of trail passes, lift tickets are included. The package costs more because of the lift tickets.

Those wishing to go on the trip will be responsible for making their own reservations with the Indianhead Motel. Their number is 906-932-2031. A block of rooms have been set-up so call early and tell them you are going to be with the Elmhurst Bicycle Club. If you are interested in downhill skiing, you can ask for the details. After making your reservation, contact **Ed Curtin** by phone at **847-981-1677** or via e-mail at **curtine1@comcast.net**. Ed will keep track of who is going and keep everyone informed with trip information.

Submitted by **Ed Curtin**

## Directions to ride starting locations

Starting Point	Directions
<b>Community Bank of Elmhurst Elmhurst, IL</b>	330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.
<b>Depot Elmhurst, IL</b>	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.
<b>Gazebo Glen Ellyn, IL</b>	On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
<b>McCollum Park Downers Grove, IL</b>	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
<b>Spring Rock Park Western Springs, IL</b>	Spring Rock Park is located at 47 <sup>th</sup> Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
<b>Villa Park Depot, Villa Park, IL</b>	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
<b>Volunteer Park Wheaton, IL</b>	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
<b>Waterfall Glen Forest Preserve Darien, IL</b>	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.
<b>Panera Bread Elmhurst, IL</b>	Panera Bread is located on the west side of York Road, just south of North Avenue (Route 64), in the same building with CVS Pharmacy.
<b>Parking Lot at Maple and Park Lombard, IL</b>	The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.

### MEMBERSHIP APPLICATION

Individual(\$20)    Family(\$25)    New    Renewal

[Indicate with \*\* next to any information you **do not want** to appear in the club directory]

**EBC's** membership year runs from January 1 to December 31.

Joining after October 1 continues your membership through the following year.

Name \_\_\_\_\_  
(If family membership, list names of all members)

Address \_\_\_\_\_  
(Street) (City) (State) (Zip)

Phone—Home \_\_\_\_\_ Work \_\_\_\_\_ E-Mail \_\_\_\_\_  
Delivery of your newsletter by email will be assumed unless Editor is notified otherwise.

The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate In club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and administrators, release, waive and forever discharge Elmhurst Bicycle Club, its officers and members from any and all claims, demands, actions or liabilities on account of any injury to me which may occur from any cause whatsoever, including negligence or other fault on the part of anyone released hereunder, during my participation In or transportation to or from said rides and/or events. I ACKNOWLEDGE I AM AWARE OF THE RISKS AND HAZARDS INHERENT UPON ENGAGING IN SAID CLUB ACTIVITIES, AND I DO SO ENTIRELY UPON MY OWN INITIATIVE, RISK AND RESPONSIBILITY. I FURTHER UNDERSTAND THE CLUB DEPENDS ON ITS MEMBERS TO PROVIDE AND LEAD CLUB ACTIVITIES AND THAT THOSE MEMBERS RELY ON THE PROTECTION AFFORDED HEREUNDER. I hereby further agree to operate my bicycle in a manner that is safe to me and those around me, to observe all applicable safety regulations and to conduct myself In a manner that will be complimentary to the sport of bicycling. It Is my intent that this release and waiver apply at all times, notwithstanding that my membership in the Elmhurst Bicycle Club may have expired, elapsed, been renewed or reinstated after a period of non-membership. I FURTHER ACKNOWLEDGE THAT I HAVE READ THE FOREGOING RELEASE AND WAIVER AND UNDERSTAND IT, INCLUDING THAT IT IS INTENDED TO COVER OCCURRENCES WHICH MAY NOT YET HAVE OCCURRED AND WHICH ARE UNKNOWN TO ME, AND NOTWITHSTANDING THE FOREGOING, I SIGN IT VOLUNTARILY WITH THE FULL INTENT THAT IT BE FOREVER ENFORCEABLE.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Signatures of adult family members for family Membership \_\_\_\_\_

Mail to: Elmhurst Bicycle Club  
P.O. Box 902  
Elmhurst, IL 60126

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

*November*



www.elmhurstbicycling.org

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

## Your Membership is about to expire...

Please send in your membership renewal before December 31st!  
Forms are on page 7, or you can print one from the Elmhurst Bicycle Club website at:  
**www.elmhurstbicycling.org** (look under "About EBC")

The website has lots of other great information, including unpublished ride updates,  
and directions to ride starting locations with live links to **mapquest.com**.  
(Check under "Rides & Events" for the "Helpful Information" link.)

While you're visiting the website, don't forget to check your club mileage—click on  
"Members Pages" and pick "Member Miles" from the drop-down menu.

*Ride All Year!*

*Ride With Friends!*