

## 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)

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**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

**Ellen Johnson**

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)

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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

## December 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

As the year draws to a close and the final rush for miles concludes, perhaps a look backwards is in order. It appears that once again the total club mileage will exceed 100,000 miles. Considering this exposure the number of injuries is quite low. One broken ankle, one broken wrist, one broken finger and the usual number of scrapes and bruises. A number of factors come into play contributing to this excellent record.

1. The riders are being aware of their surroundings and have been riding responsibly.
2. Our large cadre of ride leaders has done a magnificent job of laying out routes that are bicycle friendly. They have ridden and reridden routes that avoided heavily traveled roads as much as possible. We owe a big thank you to these people who have made our club one to be envied with safe and interesting rides.
3. We are fortunate in having communities that encourage bicycling by constantly putting in new bike trails and planning more in the future. May we be consciously thankful to live in communities that give us the opportunity to enjoy our bicycles.

And last but not least we should be thankful for a club that provides for all riders from the beginner to the highly experienced. May 2004 bring us another great year.

**Ted Sward 708 354-5782**

## Drainage Work to Result in Temporary Closures Along Elgin Branch

Starting this fall and continuing through next spring, the DuPage County Division of Transportation and the Public Works Department will be replacing drainage culverts along the Elgin Branch. Eight culverts are scheduled for replacement in this \$650,000 project along the Great Western Trail and IPP west of Prince Crossing Road to Dunham. The project, initiated in 1998, is designed to upgrade deteriorating culverts under the trail system and protect environmentally sensitive areas along the trail boundary including the Brewster Creek Wetland Restoration Area in Pratt's Wayne Woods Forest Preserve and Robert Morris Marsh (natural area which The Conservation Foundation helped to preserve).

Expect temporary closures (approximately 1-2 weeks) of small segments of the trail during this construction. Also, some tree removal and tree trimming will be required to install the culverts and provide access for construction equipment.

Trail users can avoid the construction in all areas using nearby streets such as Powis Road, Dunham Road, Smith Road, Prince Crossing Road, and Nagel Court. Signage will be posted in advance to warn trail users of upcoming trail closures and work in progress but specific detours will not be posted due to the expected relatively short duration of construction on individual segments.

Deborah Jan Fagan, AICP  
Chief Planner and County Trail System Coordinator  
[www.dupageco.org/bikeways](http://www.dupageco.org/bikeways)

## Stop Right There!



I've got to know right now:  
Are you going to renew  
your EBC membership?

Of course you are!

Please be sure to send your  
renewal in before December 31st to  
insure that your Elmhurst Bicycle Club  
Membership continues uninterrupted.

Thanks, and Happy Holidays  
from your Newsletter Editor and the  
rest of the EBC Board.

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

**SUZANNE & JENNIFER ALDRED-BERRY**  
VILLA PARK

**LINDSAY COOPER**  
ELMHURST  
aviendha78@netscape.net

**EILEEN GRAZIANO**  
CHICAGO  
eileen.graziano@mcd.com

**BOB & FRAN JONES**  
HINSDALE  
bobandfranjones@comcast.net

#### We're growing every month!

Type	Memberships	Members
Family	74	178
Individual	174	174
Total	248	352

#### 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)



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)

**UP Ski Trip 2004**

- 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](mailto:curtine1@comcast.net). **Ed** will keep track of who is going and keep everyone informed with trip information.

Submitted by **Ed Curtin**

#### 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)

**December Meeting**  
Thursday, December 11th, 7:00 PM

At  
Community Bank of Elmhurst

—Program—

#### Holiday Party

#### Collating Party

Friday, December 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 January 2004 Ride Schedule is December 13th, the second Saturday of December. 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 January 2004 **Cue Sheet** is Monday, December 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](mailto:LarsofMars@aol.com)

# December 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
Tues., Dec 2	9:30 AM	3 Hour Hike	Bemis Woods FP	Ted Sward 708-354-5782	Ted's Tours - Part 1 Meet at Bemis Woods to explore some of the interesting little used trails. Bemis Woods is located between I-294(Tri-State) and Wolf Rd. on N. side of Ogden Ave. (Rt. 34). Bring snacks.
Wed., Dec 3	6:30 PM	Determined by riders that show	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Pace Show and Go The riders that show will decide the ride leader, distance and pace.
Wed., Dec 3	6:30 PM	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Wednesday Night Fast Pace Show and Go The riders that show will decide the ride leader, distance and pace.
Sat., Dec 6	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sat., Dec 6	2:00 PM	30 miles 13-15+ mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Freaky Tiki Ride We'll take a ride to the Hala Kahiki Tiki Bar and Hawaiian Shop in River Grove. Depending on what time we arrive, we may encounter the Chicago Bikewinter Tiki ride group. Lights recommended. Mostly pavement, some busy streets.
Sun., Dec 7	9:30 AM	20-25 miles 16-18+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	This will be a non-stop 90 minute ride Leader will show up as long as the forecasted high temperature is at least 20 degrees. Call if you have any questions.
Sun., Dec 7	11:00 AM	1 1/2 Hour/ 3 Mile Hike	Churchill Woods FP Glen Ellyn	Susan Kilgore 630-515-1865	Long Walk on a Short Trail Meet at the Churchill Woods parking lot on St Charles Road just west of the ranger's residence.
Sun., Dec 7	4:30 PM	10-15 miles 10-13 mph	Jerry Radek's House, 9032 Forestview Evanston	Jerry Radek 847-673-8159	Sauganash Holiday Lights Ride See the spectacular sights of the Holiday Lights in the Sauganash neighborhood of Lincolnwood. See the 3 story Christmas tree coming out of the roof of a house and the tree house of singing elves. After the ride we will stop either at Poochies for their famous Chicago style hotdogs or go to Hubs as we did last year. Take I-294 N. to Dempster and exit East. Go approx. 7 miles, 20 minutes, to East Prairie (1/2 mile after 2nd stop light past Crawford). Turn left (north) to Davis (4 blocks). Turn right (east) 1 block to Forestview. Turn right (south) into the first large driveway and park anywhere in the middle where there are spaces. If it is raining, snowing, or there is ice on the roads, we will drive to Sauganash and hike instead. Call if there is a ques-
Tues., Dec 9	9:30 AM	3 Hour Hike	Red Gate Woods FP	Ted Sward 708-354-5782	Ted's Tours - Part 2 Come and enjoy the back woods trails (some challenging) and visit the site of the world's first nuclear reactor. Red Gate is 1 1/2 mi. E. of Rt. 83 on Archer Ave. (Rt. 171) on south side of road. Bring snacks.
Tues., Dec 9	7:00 PM	Board Meeting	Bob Sack's House	Bob Sack 630-323-5711	Monthly Board Meeting
Wed., Dec 10	6:30 PM	Determined by riders that show	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Pace Show and Go The riders that show will decide the ride leader, distance and pace.

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

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Dec 10	6:30 PM	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Wednesday Night Fast Pace Show and Go The riders that show will decide the ride leader, distance and pace.
Thurs., Dec 11	7:15 PM	Monthly Club Meeting	Community Bank of Elmhurst	Bob Sack 630-323-5711	Monthly club meeting at the Community Bank of Elmhurst located at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Sat., Dec 13	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sat., Dec 13	9:30 AM	2 Hour/ 4 Mile Hike	Herrick Lake FP Wheaton	Susan Kilgore  630-515-1865	Hike Herrick (& maybe Danada too) Meet in the parking lot on the north side of the forest preserve, just off of Butterfield Road. Pre hike "coffee and" at Panera Bread at 8:30am. Restaurant is located at the northeast corner of Danada Shopping Center and faces Butterfield Road.
Sun., Dec 14	9:30 AM	20-25 miles  16-18+ mph	Panera Bread Elmhurst	Dave Polkow  630-832-8131	This will be a non-stop 90 minute ride Leader will show up as long as the forecasted high temperature is at least 20 degrees. Call if you have any questions.
Sun., Dec 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.
Tues., Dec 16	9:30 AM	3 Hour Hike	Bull Frog Lake FP	Ted Sward  708-354-5782	Ted's Tours - Part 3 Here are some more back woods trails to give you a workout. Bull FrogLake location. Go 2 1/2 mi. E. of Rt. 83 on Archer Ave.(Rt. 171) then turn right on 95th St. Turn right at 1st chance. Turn right at stop sign--meet at far end. Bring snacks.
Wed., Dec 17	6:30 PM	Determined by riders that show	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Pace Show and Go The riders that show will decide the ride leader, distance and pace.
Sat., Dec 20	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sun., Dec 21	9:30 AM	20-25 miles  16-18+ mph	Panera Bread Elmhurst	Dave Polkow  630-832-8131	This will be a non-stop 90 minute ride Leader will show up as long as the forecasted high temperature is at least 20 degrees. Call if you have any questions.
Sun., Dec 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., Dec 21	2:30 PM	1 1/2 Hour/ 3 Mile Hike	Library Downers Grove	Susan Kilgore  630-515-1865	Sears Homes in Christmas Lights (I hope) Have a close up look at many of the 22 Sears kit homes delivered and built between 1908 & 1940. Meet at the library parking lot on Forest Street in Downers Grove.
Tues., Dec 23	9:30 AM	3 Hour Hike	Fullersburg Woods FP	Ted Sward  708-354-5782	Ted's Tours - Part 4 This is a flat hike but scenic including part of Oak Brook area. Meet at Fullersburg main lot off of Spring Road in Oak Brook. Bring snacks.
Fri., Dec 26	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 for mailing. Takes about 45 minutes. Call Judy for directions.
Sat., Dec 27	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sun., Dec 28	9:30 AM	20-25 miles  16-18+ mph	Panera Bread Elmhurst	Dave Polkow  630-832-8131	This will be a non-stop 90 minute ride Leader will show up as long as the forecasted high temperature is at least 20 degrees. Call if you have any questions.
Sun., Dec 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.
Tues., Dec 30	9:30 AM	3 Hour Hike	Little Red School House	Ted Sward  708-354-5782	Ted's Tours - Part 5 A new look at some old trails. Little Red School House id 1/2 mile south of 95th St. on Willow Springs Rd. (Flavin/104th Ave.) Bring snacks.
Sat., Dec 20	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sun., Dec 21	9:30 AM	20-25 miles  16-18+ mph	Panera Bread Elmhurst	Dave Polkow  630-832-8131	This will be a non-stop 90 minute ride Leader will show up as long as the forecasted high temperature is at least 20 degrees. Call if you have any questions.

**Summit County, Colorado Bike Trip**  
July 31-August 7, 2004

Mountain biking, road biking, and bike paths! Terrific scenery!  
Shopping! Hiking! Luxury Condos! Horses! Fishing! Golf!

For more information, contact:

**Roger Kasch 847-372-8290 [kaschr@yahoo.com](mailto:kaschr@yahoo.com)** or  
**Karen+Bill Schwartz 630-963-6250 [c teach3@comcast.net](mailto:c teach3@comcast.net)**

**Got Mileage?**

Aware that many club members put in miles on their bikes for various purposes such as commuting, shopping, errands, tours and riding to and from club rides, we thought it would be interesting to gather and publish those miles for the year 2003. Compile your own mileage and report the miles to **Sharon Ganske** by January 8, 2004. The February 2004 newsletter will include a list with all of the participants.

## 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>McCullum Park Downers Grove, IL</b>	McCullum 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



www.elmhurstbicycling.org

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



This month in Bike'n on the Web I am going to look at some bicycle specific coaching programs that are available on-line. Many cyclists would like to improve their level of fitness and/or cycling ability. Just riding your bike is only going to help to a certain extent. This is where a training program comes in.

Whether you are a recreational cyclist who just wants to get a little stronger or have aspirations to participate in triathlons, time trials or criteriums, there is an on-line program for you.

Bicycling Magazine has a very inexpensive training program that includes weight training and nutrition to go with the cycling workouts. Information can be found at [www.bicycling.com/fitness/0,5213,,00.html](http://www.bicycling.com/fitness/0,5213,,00.html).

Probably the most famous cycling coach today is Lance's coach, Chris Carmichael. Programs by Carmichael Training Systems can be found at [www.ridefast.com](http://www.ridefast.com). CTS offers coaching programs for cyclists of all abilities who are looking to improve.

Carl Cantrell's coaching program has limited availability as he personally manages each program and is the individual you speak to. His program can be found at [www.coachcarl.com](http://www.coachcarl.com).

The very controversial Dr. Michele Ferrari offers one of the more interesting programs I came across while doing my research for this column. Dr. Ferrari is the physician who is a friend of Lance Armstrong's and currently under investigation for providing banned substances to cyclists. Dr. Ferrari's coaching site can be found at [www.53x12.com](http://www.53x12.com)

I have started adding a link to more sites with additional detailed information on my topic each month. This month I recommend you look at [www.directory.net/Sports/Cycling/Racing/Training](http://www.directory.net/Sports/Cycling/Racing/Training), which is the link to a list of over 30 coaching programs or more lists of coaching programs. With all this available training there should be no excuse why anyone who wants to improve his/her cycling can't do it.

NEXT MONTH: Does your old steed need a new paint job? We'll look at options from mild to wild and a couple of restorers who can bring an entire bike back to showroom new. **Rich** (traveling at the speed of the internet) **Kuhlman**

**Cue Sheet** will publish your want ads—free!  
 E-mail **Larry Gitchell** at [LarsofMars@aol.com](mailto: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](mailto:rkuhlman99@comcast.net). (10/03)

**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 dickering; \$1200 without dickering. **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)

**Free:** Inner tube for tire size 27 x 1 1/8 - 1 1/4. First come, first receive! Call **Vicki Krstansky** at **708 354-3246** or e-mail [Mgcfngrs10@juno.com](mailto:Mgcfngrs10@juno.com) (11/03)