

Board Members

President

Roland Porter

630 655-1890

Porter411@comcast.net

Vice President / Ride Captain

Sharon Ganske

630 462-3734

Ganskesh@hotmail.com

Secretary

Mary Jo Bolan

630 887-9652

Mjbolan@aol.com

Treasurer

Walter Chilipala

630 832-9390

chlipsbike128@aol.com

Membership

Joanne Dybala

630 493-1514

rideabike@fastmail.fm

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

Database Manager

Mary Moroney

630-629-1812

cycling33@comcast.net

List Server

Marty Kotecki

630 620-6434

orionradion@msn.com

Metro Metric

Joanne Dezur

630-833-7688

Cyclejoey@aol.com

Newsletter Collating

Judy Mikesell

630-833-1036

mikesell2@juno.com

Newsletter Editor

Larry Gitchell

708-409-0105

LarsofMars@aol.com

Programs

John Park

Mike Struglinski

630 690-2881

708 246-2089

John1park@aol.com

Publicity

Ray Dal Lago

630 543-4655

dlagio@aol.com

Internet Bike Info

Rich Kuhlman

630-462-5427

rkuhlman99@comcast.net

Safety

Eric Vann

630 668-8231

ericgvann@earthlink.net

Sergeant at Arms

Mike Struglinski

708 246-2089

Website

Cindy Reedy

630 530-1250



Cue Sheet

February 2004

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

Editor's note: Starting this month we welcome **Eric Vann** as Club Safety Chairman. **Eric** has adopted a substantially different approach from our outgoing Safety Chairman, **Ted Sward**. Please Read On....—**Larry**

THIS MONTH: Bicycle Helmets

"They come in all different shapes, colors and sizes. No single item is as important to personal safety as the lowly bike helmet. Learn some of the startling facts about the number of cyclists who die each year from head injuries. Find out which US states are experiencing greater helmet compliance following newly enacted legislation.

"Don't know much about helmets? Learn what defines a bicycle helmet. Discover the Bicycle Helmet Safety Institutes "Ideal Helmet Standard". Read the Consumer's Guide to Helmets "The Two Minute Summary."

This and more at:

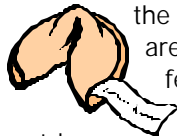
<http://www.beezodogsplace.com/Pages/EBC-Safety-Series/index.html>

"Click on the Link Image of the PDF booklet and view online. You can download the image to your computer using a right click (PC users) or a control click (Mac users). Want to keep a copy for future use? Print the PDF booklet (back-to-back) on a single sheet of 8.5 x 11-inch paper and fold in the middle."

NEXT MONTH: Tips on "Riding In Traffic".

METRO METRIC ADVERTISING AT THE BICYCLE SHOW

We are planning on doing some heavy-duty advertising for the Metro Metric at the March Bicycle Show this year and will need your help. Since we are famous for our "Home-Baked Cookies" we would like to have a few batches baked up to pass out at the show. Take a look at your next month's calendar and see if you would be able to help us out by bringing some to the March Member Meeting. If you will not be at the meeting there will be a location where you could drop them off, posted in the next newsletter. Let us know if you can help out: cyclejoey@aol.com, mricke@securitymolding.com, or jwhit7@megsinet.net — **Joanne Dezur**



February is Awards Month!

Mileage and Ride Leader awards will be presented Thursday February 12, at the Community Bank of Elmhurst.

Check page 5 for award results.

New Cogs on the Cluster

Joining the EBC this month:

RUTH BUFFALO
WOOD DALE
rbuffalo@ameritech.net

BOB SEARS
WOOD DALE
bswire@flash.net

HENRY VAN LEUVEN
LOMBARD

We're growing every month!

Type	Memberships	Members
Family	74	178
Individual	<u>177</u>	<u>177</u>
Total	251	355

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



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**. **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 **Sharon Ganske** 630-462-3734 or e-mail **Sharon** at ganskesh@hotmail.com

EBC Website

www.elmhurstbicycling.org

February Meeting is
Thursday, February 12th, 7:00 PM
Community Bank of Elmhurst

—Program—
2003 Awards Presentation

Collating Party

Friday, February 27th 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 March 2004 Ride Schedule is February 14th, the second Saturday of February. Call Ride Captain **Sharon Ganske**, 630-462-3734, email **Sharon** at ganskesh@hotmail.com, or see **Sharon** at the monthly meeting.

And remember, you can submit a ride to **Sharon** 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 March 2004 Cue Sheet is Monday, February 16th.

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

**LEAP WEEKEND AT MATTHIESSEN
& STARVED ROCK with two Susans**

February 28 and 29. Meet at Matthiessen State Park, near Peru Illinois at 11:30am for a 2 to 3 hour hike. Details are being worked out to stay overnight Saturday in the Peru, Illinois area and hike one day at Matthiessen State Park and one day at Starved Rock State Park. Hiking is what's planned but DO bring your skis or snowshoes. Plan on a group dinner Saturday night and a brunch Sunday at Starved Rock Lodge. Call either **Susan** for motel information or additional details. **Kilgore @ 630-515-1865** or **Solberg @ 630-993-9291**.

**ATTENTION ALL EASY RIDERS
THINK AHEAD TO SPRING!
PLANNING MEETING MARCH 10, 2004**

Now is the time to search our those routes You've been wanting to lead. The planning meeting for this year's Wednesday morning rides will be held on Wed March 10th. At this time we will plan the rides for the whole year. The meeting will be held at the home of **Carol Nield** 6326 Fairview Ave. Downers Grove. The meeting will begin at 11:30 and will be preceded by a 15 mile bike ride (or hike if weather is bad) starting at 9:30 from the same address. Food will be served before the meeting. The Wednesday morning rides are a very important part of the EBC schedule. Without leaders we cannot offer the great variety of rides that so many of our members enjoy. If you are unable to attend the meeting but would like to lead a Wed morning ride call 630-964-2488 or Email **Carol** at **2bike@prodigy.net** with the rides you would like to lead.

Chicago Bike Show
March 26-28, Navy Pier

Friday March 26 12:00 PM—7:00 PM
Saturday March 27 10:00 AM—7:00 PM
Sunday March 28 10:00 AM—5:00 PM

Natchez Trace

This year Rich and I are planning on riding the Natchez Trace on April 17-24, 2004. This is a scenic drive between Nashville, Tennessee and Natchez, Mississippi. We will have a planning meeting and decide on whether we are going to start in Natchez or Nashville and where we will stop each day. We will also leap frog the cars down the Trace as we have done in the past. I did this ride in 1997 with EBC and had a blast. The roads are pleasant and traffic is relatively low because no semi-trucks or commercial traffic is allowed on the road. I think we averaged about 50-60 miles per day and you can ride as much or as little as you want. Did I mention the post daily ride parties?!

So, take a look see at your calendars and pass along this info to anyone you think might be interested. I say the more the merrier! If you are interested, please contact either Rich or Laura and we can give more details or ask anyone in the EBC that have done the ride...Marty Kotecki, Carol Nield, Ted Sward, Sharon Ganske, Rich Dombrow, Chuck Ziemer...that's all I can think of for now.

Laura Sanborn Kuhlman 630-462-5427 lsanborn@comcast.net
Rich Kuhlman rkuhlman99@comcast.net

This year do Illinois!

No need to drive long mileage for bike tours in other states. Try the Grand Illinois Trail And Parks ride (GITAP). It's close to home, delightfully scenic, features good food and friendly folks, and all profits go to advancing bicycling in Illinois. Sponsored by the League of Illinois Bicyclists, with the cooperation and assistance of the Illinois Department of Natural Resources, the ride is a celebration of Illinois' unique trails and state parks.

The GITAP is set for Sunday, June 13, to Saturday, June 19, 2004. It begins this year in DeKalb, travels along the I & M and the Hennepin trails to the Quad Cities, heads north on the Great River Trail to Galena, then visits two more state parks before returning to DeKalb - all told about 450 miles.

The registration fee of \$310 (\$290 for LIB members) includes camping at state parks (a motel package is also available), breakfast and dinner every day, luggage transfer and T-shirt, door prizes, and a unique touring experience around northern Illinois. For more information and a registration form, e-mail Chuck Oestreich at oestreich@qconline.com or call 309-788-1845. For an in-depth look at the ride, go to <http://dnr.state.il.us/orep/planning/GITAP/> and <http://www.bikelib.org/gitap/index.html>

Upcoming EBC Events

Dates	Event	For additional information
Feb. 1-6, 2004	UP Ski Trip	Ed Curtin 847 981 1677
Feb. 15, 2004	Chilli Ride	Marge Ricke 630 616 8481
Feb. 28-29, 2004	Leap Weekend Hike/Ski	Susan Kilgore 630 515 1865
March 19, 2004	First Ethnic Dinner of 2004	Judy Mikesell 630 833 1036
March 26 - 28, 2004	Annual Bike Show	Larry Gitchee 708 409 0105
March 28, 2004	Virgin Voyage Ride	Kathy Wagner 630 469 3863
April 17 - ?, 2004	Natchez Trace Ride	Laura Sanborn 630 462 5427
April 24, 2004	Earth Day Cleanup 2004	TBD
May 29-31, 2004	Madison WI Memorial weekend rides	Larry Gitchee 708 409 0105
July 25, 2004	Metro Metric (our main fundraiser)	Joanne DeZur 630 833 7688
July 31-Aug 7, 2004	Ride in Summit County Colorado	Karen Schwartz 630 963 6250

February 2004

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
Sun., Feb 1	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 forecast high temperature is at least 20 degrees. Call if you have any questions.
Sun., Feb 1	12 Noon	Determined by riders that show.	Gazebo, Glen Ellyn	Determined by riders that show.	Weekly Show and Go. Riders that show will determine ride leader, distance, and pace.
Feb. 1—6		Ski, Hike, etc.	Ironwood, Michigan	Ed Curtin 847-981-1677	UP2004 Ski Trip
Wed., Feb. 4	6:30 PM	Determined by riders that show.	Parking lot at Maple Street & Park Ave. Lombard	Determined by riders that show.	Wednesday Night Intermediate Pace Show and Go Riders that show will determine ride leader, distance, and pace.
Wed., Feb. 4	6:30 PM	Determined by riders that show.	Gazebo, Glen Ellyn	Determined by riders that show.	Wednesday Night Fast Pace Show and Go Riders that show will determine ride leader, distance, and pace.
Sat., Feb. 7	9:00 AM	Determined by riders that show.	Depot, Elmhurst	Determined by riders that show.	Weekly Show and Go. Riders that show will determine ride leader, distance, and pace.
Sat., Feb. 7	9:30 AM	2 Hour / 3 Mile Hike	Naperville Park District, Naperville	Susan Kilgore 630-515-1865 312-737-3597	Walk Like a Duck— River Walk & Historic Area Meet at the Park District parking lot, 320 W. Jackson, adjacent to the Naperville River Walk. This walk is on sidewalks and side streets.
Sun., Feb 8	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 forecast high temperature is at least 20 degrees. Call if you have any questions.
Sun., Feb 8	12 Noon	Determined by riders that show.	Gazebo, Glen Ellyn	Determined by riders that show.	Weekly Show and Go. Riders that show will determine ride leader, distance, and pace.
Tues., Feb. 10	9:30 AM	3 hour hike	E.J. Beck Lake Forest Preserve	Jerry Radek 847-673-8159	DesPlaines River Trail Hike Directions: Take I-294 North to Dempster. Exit East. Go ¼ mile to Potter (stoplight). Turn Left, go 1¼ miles to Golf Road. Turn Left, go ½ mile to East River Road, immediately past the I-294 overpass. Turn Right, go ¾ miles to the light at Central Road and straight ahead into the E.J. Beck Lake FP. Meet at the far end of the parking lot. Bring snacks. No bathrooms at Beck Lake. This will be a joint hike with Elmhurst and Evanston Bike Clubs.

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.

Awards 2003

The February club meeting on Thursday February 12, 2004 will feature the 2003 Awards Program We're looking forward to seeing all the Award winners at the meeting to receive their awards and to congratulate other members.

2003 Ride Leaders

Thank you, to all our Ride Leaders. You are the backbone of our great club, and because of your willingness to volunteer as ride leaders, the club was able to set another record in 2003. Club members rode over 118,000 miles. Compared to 1998, when members rode 53,674 miles, the EBC has come a long way. Congratulations to all the riders and on behalf of all the members, thank you Ride Leaders.

Ride Leader Jerseys

Awarded to members who lead fifteen or more rides/hikes over a 3 year period with a minimum of two rides/hikes a year.

ED CURTIN	15	RAY DAL LAGO	26	GERRY FEKETE	17	SHARON GANSKE	71	MIKE INCOPERO	15
RICH KUHLMAN	32	MARY MORONEY	32	CAROL NIELD	33	JOHN PARK	19	JEANNE WHITING	53
KACY WORCESTER	15	CHUCK ZIEMER	17						

Patches—Awarded to club members who complete at least one club ride each of 25, 50, 62 & 100 miles in one year.

DON AUGUSTYN	RUTH DOVER	RICH KUHLMAN	AL STANKE
MARY JO BOLAN	JOANNE DYBALA	KEVIN MCCAULEY	TED SWARD
BETTY BOND	GERRY FEKETE	HELMUT NEUMANN	PETER TURULA
PAUL BOYCE	LOU FISH	CAROL NIELD	JEANNE WHITING
FREDA BROWN	TRACY GAINER	MAUREEN O'ROURKE	JEFF WINCENTSEN
WALT CHLIPALA	SHARON GANSKE	JOHN PARK	LEW WORTHEM
BILL COATES	LARRY GITCHELL	DAVE POLKOW	
RAY DAL LAGO	JIM HENNIG	JERRY RADEK	
JOANNE DEZUR	MARTY KOTECKI	BOB SACK	

Mileage T-shirts and Certificates—Awarded to club members who ride 1000 miles or more on club rides.

WALTER CHLIPALA	5406	GERRY FEKETE	2489	AL STANKE	1561	CHARLIE MIKESELL	1064
TED SWARD	3823	MAUREEN O'ROURKE	2318	JERRY RADEK	1560	KAREN ZENISEK	1059
JEANNE WHITING	3362	LOU FISH	2271	RICH KUHLMAN	1513	ROLAND PORTER	1046
KEVIN MCCAULEY	3337	PETER TURULA	2231	TRACY GAINER	1455	LAURA SANBORN	1037
LEW WORTHEM	3294	RAY DAL LAGO	2227	FREDA BROWN	1363	JOANNE DYBALA	1035
SHARON GANSKE	3285	BETTY BOND	2131	CHUCK ZIEMER	1352	BILL COATES	1033
BOB SACK	3090	JOANNE DEZUR	2052	JERRY FISH	1290	BILL MUELLER	1008
LARRY GITCHELL	3015	JOHN PARK	1883	JIM HENNIG	1274		
CAROL NIELD	3007	MARTY KOTECKI	1755	MARY MORONEY	1176		
FRANK AMOROSI	2788	JEFF WINCENTSEN	1712	HELMUT NEUMANN	1142		
DAVID POLKOW	2614	PAUL BOYCE	1641	HANK NIEDBALLA	1080		
DON AUGUSTYN	2515	MARY JO BOLAN	1613	DICK DIEBOLD	1067		

Mileage Certificates—Awarded to members who ride between 500 and 999 miles on club rides.

JOE PREBIL	940	PETRA HOFMANN	597
LEO ENGSTROM	910	JERRY RINGIER	586
EARL WEBER	910	PHIL KELLER	566
JOHN JACUS	702	PAM LASSERS	551
MIKE STRUGLINSKI	690	JOHN CZARNECKI	538
JIM GROSS	688	MARGE RICKE	504
ERIC VANN	684	BRUCE GIBBS	502
TIM JACK	615	JOHN KACZMARCZYK	502
MARY SUE COATES	611		

Most Miles by a New Member: Lew Worthem 3294

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Feb. 11	6:30 PM	Determined by riders that show.	Parking lot at Maple Street & Park Ave. Lombard	Determined by riders that show.	Wednesday Night Intermediate Pace Show and Go Riders that show will determine ride leader, distance, and pace.
Wed., Feb. 11	6:30 PM	Determined by riders that show.	Gazebo, Glen Ellyn	Determined by riders that show.	Wednesday Night Fast Pace Show and Go Riders that show will determine ride leader, distance, and pace.
Thurs. Feb 12	7:15 PM	Monthly Club Meeting	Community Bank of Elmhurst	Roland Porter 630-655-1890	Monthly club meeting at the Community Bank of Elmhurst, located at 330 West Butterfield Road, at the corner of Spring and Butterfield Road, Elmhurst. Annual Awards Night
Sat., Feb. 14	9:00 AM	Determined by riders that show.	Depot, Elmhurst	Determined by riders that show.	Weekly Show and Go. Riders that show will determine ride leader, distance, and pace.
Sat., Feb. 14	9:30 AM	2 Hour / 3 Mile Hike	Herrick Lake Forest Preserve, Wheaton	Susan Kilgore 630-515-1865 312-737-3597	Hearts & Herrick Lake Hike Meet in the parking lot on the north side of the forest preserve off of Butterfield Road. Pre-hike "coffee and" at Panera Bread at 8:30 AM . If there is snow we will hike only if we can do it without destroying ski tracks.
Sun., Feb 15	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 forecast high temperature is at least 20 degrees. Call if you have any questions.
Sun., Feb 15	12 Noon	Determined by riders that show.	Gazebo, Glen Ellyn	Determined by riders that show.	Weekly Show and Go. Riders that show will determine ride leader, distance, and pace.
Sun., Feb 15	12 Noon 12 Noon 1:00 PM 1:00 PM 3:00 PM	25-30 miles 14-16 mph 15-20 miles 12-14 mph 10-12 miles 10-12 mph Hike Buffet	Marge Ricke's House. Bensenville	Marge Ricke 630-616-8481 H 630-543-8607 W	Annual Chili Mixer Three bike rides and a hike will be featured before the Chili Buffet. Everyone is invited to bring a serving of chili which will be added to the "Pot." Then while the chili is heating up you can do a bike ride or a hike with a stop at the ice carving contest. Marge Ricke's address is 16W701 Red Oak, Bensenville, IL. From the South take Route 83 to Red Oak which is one block south of Third Ave., turn right (E) and go to 16W701 Red Oak. From the North take Route 83 to Third Ave. (stoplight) Turn Left (E) and go to the first street, Briar Lane, turn Right (S) and go to Red Oak. Turn Left (E) and go to 16W701 Red Oak
Wed., Feb. 18	6:30 PM	Determined by riders that show.	Parking lot at Maple Street & Park Ave. Lombard		Wednesday Night Intermediate Pace Show and Go Riders that show will determine ride leader, distance, and pace.
Wed., Feb. 18	6:30 PM	Determined by riders that show.	Gazebo, Glen Ellyn		Wednesday Night Fast Pace Show and Go Riders that show will determine ride leader, distance, and pace.
Sat., Feb. 21	9:00 AM	Determined by riders that show.	Depot, Elmhurst	Determined by riders that show.	Weekly Show and Go. Riders that show will determine ride leader, distance, and pace.
Sat., Feb. 21	9:30 AM	1½ Hour Hike	McDowell Grove Forest Preserve Naperville	Susan Kilgore 630-515-1865 312-737-3597	McHike at McDowell Park is located on Raymond Road south of Diehl Road and I-88. If there is snow, we will hike only if we can do it without destroying ski tracks.
Sun., Feb 22	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 forecast high temperature is at least 20 degrees. Call if you have any questions.
Sun., Feb 22	12 Noon	Determined by riders that show.	Gazebo, Glen Ellyn	Determined by riders that show.	Weekly Show and Go. Riders that show will determine ride leader, distance, and pace.
Tues. Feb 24	9:30 AM	3 Hour Hike	Harms Woods Forest Preserve	Jerry Radek 847-673-8159	North Branch River Hike Directions: Take I-294 north to Dempster. Exit East. Go 5¼ miles to Central (stoplight)

Date	Time	Distance	Start	Ride Leader	Ride Description
Tues. Feb 24	9:30 AM	3 Hour Hike	Harms Woods Forest Preserve	Jerry Radek 847-673-8159	North Branch River Hike Directions: Take I-294 north to Dempster. Exit East. Go 5¼ miles to Central (stoplight) in Morton Grove just before Edens Expressway. Turn Left, go 1 mile to Golf Road. Central is now Harms Road. Continue 0.4 miles on Harms past Golf. Turn left into the second entrance to Harms Woods FP, center groves 3&4. Bring snacks. This will be a joint hike with Elmhurst and Evanston Bike Clubs.
Wed., Feb. 25	6:30 PM	Determined by riders that show.	Parking lot at Maple Street & Park Ave. Lombard	Determined by riders that show.	Wednesday Night Intermediate Pace Show and Go Riders that show will determine ride leader, distance, and pace.
Wed., Feb. 25	6:30 PM	Determined by riders that show.	Gazebo, Glen Ellyn	Determined by riders that show.	Wednesday Night Fast Pace Show and Go Riders that show will determine ride leader, distance, and pace.
Fri., Feb 27	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. Call Judy for directions.
Sat., Feb. 28	9:00 AM	Determined by riders that show.	Depot, Elmhurst	Determined by riders that show.	Weekly Show and Go. Riders that show will determine ride leader, distance, and pace.
Sat., Feb. 28 Sun., Feb 29	11:30 AM	1 or 2 Day Hike and More	Matthiessen State Park Peru, IL	Susan Kilgore 630-515-1865 Susan Solberg 630-993-9291	Leap Weekend at Matthiessen & Starved Rock with two Susans Details are being worked out to stay overnight Saturday in the Peru, Illinois area and hike one day at Matthiessen State Park and one day at Starved Rock State Park. Hiking is what's planned but DO bring your skis or snowshoes. Plan on a group dinner Saturday night and brunch Sunday at Starved Rock Lodge. Call either Susan for motel information or additional details.
Sun., Feb 29	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 forecast high temperature is at least 20 degrees. Call if you have any questions.
Sun., Feb 29	12 Noon	Determined by riders that show.	Gazebo, Glen Ellyn	Determined by riders that show.	Weekly Show and Go. Riders that show will determine ride leader, distance, and pace.
Wed., Mar 3	9:30 AM	Ski or Bike or Hike	Waterfall Glen Forest Preserve	Carol Nield 630-964-2488	This will be a Ski, Bike or Hike depending on the weather. If there is skiable snow we will ski the entire 9 mile loop. If there's no snow we will bike (15-20 miles) or hike (4 miles) depending on temperature and road conditions. Be prepared. Call Carol before event for more information. Meet at the Waterfall Glen Forest Preserve entrance off of Cass Ave. and Northgate Road just south of Expressway I-55.

Miles And Miles

All Club Members were invited to send in their total personal miles for 2003, and here are the results received:

Frank Amorosi	10,143	Hank Nieballa	3,007
Bill Angevine	729	Carol Nield	4,644
Paul Boyce	2,450	Roland Porter	3,241
Don Dvorak	6,206	Jim Pospiech	3,400
Tom Engel	4,200	Jerry Radek	5,085
Larry Gitchell	8,500	Ted Sward	7,537
Jim Gross	5,521	Ksenia Turula	764
Jim Hennig	1,630	Peter Turula	5,753
George Hermach	1,115	Jeff Wincensen	4,533
John Jacus	824	Lew Worthem	5,002
Marty Kotecki	3,250		

Congratulations, everybody, and ride on into 2004!
—Compiled by **Sharon Ganske**

Spring can't be that far away!

Sure it's cold and dismal right now (not that we let that stop us, right?), but spring can't be that far away! And what happens in the Spring? The Monday Night Ride starts up again! The season opening Monday Night Ride will be Monday, March 15th at 6 PM, from the Depot in Elmhurst. Lights will be required for the first few weeks, until Daylight Savings Time kicks in. Expect distances of around 20 miles at 12-14 for the first few rides; we will go longer and faster as the season progresses! Just for a change of scenery, from the end of June through the end of July we will be starting at Meacham Grove Forest Preserve in Bloomingdale. Meacham Grove rides will start at 6:30 PM. For more info contact **Larry Gitchell 708-409-0105** or **LarsofMars@aol.com**

Directions to ride starting locations

Starting Point	Directions
Community Bank of Elmhurst Elmhurst, IL	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.
Depot Elmhurst, IL	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.
Gazebo Glen Ellyn, IL	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.
McCollum Park Downers Grove, IL	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
Spring Rock Park Western Springs, IL	Spring Rock Park is located at 47 th Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
Villa Park Depot, Villa Park, IL	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.
Volunteer Park Wheaton, IL	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.
Waterfall Glen Forest Preserve Darien, IL	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.
Panera Bread Elmhurst, IL	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.
Parking Lot at Maple and Park Lombard, IL	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

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



www.elmhurstbicycling.org

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

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:

It's time to start serious winter training, Get it while it's hot.

Weight bench with rack for chest press and leg extension exercise mechanism. Deluxe barbell with thread-on stops. Two matching dumbbells (not club members).

110# of weights 2-25#, 4-10#, 2-5#, 4-2-1/2#

All for \$50

First call with agreement to pick it up quickly gets this bargain.

Rich Kuhlman
630-462-5427

Even the pros have starter trouble!



Hello everyone, Now that winter is here it's gratifying to know that Dave Polkow and Walter Chilipala and still others are out there leading rides in the cold weather. Others are going to spin classes or on wind trainers at home but all are getting ready for spring.

Well those who aren't as ambitious may take comfort in the following quote from three-time Tour de France winner Greg Lemond, who said, "Next year---each year I say 'next year'---I want to train well in January and be in good shape when the season starts. But it never happens."

Hope to see you at the February meeting.

Rollie (Roland Porter)—From the club list server.