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Porter411@comcast.net

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Ganskesh@hotmail.com

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Walter Chilipala

630 832-9390

chlipsbike128@aol.com

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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!**

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mystromboli@mac.com

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LarsofMars@aol.com

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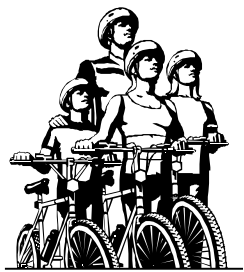
John Park

Mike Struglinski

630 690-2881

708 246-2089

John1park@aol.com



Cue Sheet

March 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!

Is Your Label Glowing?

If you received this Cue Sheet with a fluorescent label, it means the membership chairperson hasn't received your dues for renewal, and this will be your last newsletter. In order to continue enjoying the benefits of the Elmhurst Bicycle Club, please renew your membership as soon as possible.

UP2004 SKI TRIP

The 2004 Trip to the Upper Peninsula was pure X-TA-SKI

Thirty-three of us left sunny Chicago and the Quad Cities, IA, to travel to Michigan for five days of Skiing on Sunday February 1st. We stayed, as in the past, at the Indianhead Motel, and were treated royally by Morgan and Linda.

The weather conditions were ideal. Temps were always between 10 and 25 degrees except for the first day when it was near zero with some wind chill. Ironwood had over 200 inches of the best snow ever to ski on. We skied the ABR Cross Country Trails as well as Wolverine, Razorback and Milje's. A few of our group also downhilled at nearby ski mountains and...some adventurers went to Madeline Island and the Bad River Casino, others went to the movie theater to see "Cold Mountain". For some of our group, the week of skiing was good preparation for an overseas trip. **Carol** and **Bob Nield**, **Kathy Storm** and a couple of her friends from the Quad Cities area joined **Bob Walsh**, a new EBC member, the following week on a XC ski trip to Norway.

Every night we enjoyed wonderful hors d'oeuvres at the evening cocktail parties, and then went off to have dinner at a local restaurant. When we got back to the motel, some of us went for hikes and others joined the various Domino games. On our last evening, we had an Ice Cream Social and celebrated the February birthdays. All in all, as usual, the trip was better than ever and we look forward to next February.

Submitted by **Sophia Hausen** and **Ed Curtin**

Cookies for Bike Show

We are intending to really publicize our Metro Metric XXIV at the 2004 Bike Show this year by passing out some of our "famous homemade cookies" If you could possibly bake some batches for us to use, they can be done ahead of time and we will freeze them.

Please contact: **Marge Ricke** mricke@securitymolding.com, **Jeanne Whiting** jwhit7@megsinet.net, or **Joanne DeZur** cyclejoey@aol.com

New Cogs on the Cluster
Joining the EBC this month:

LISA ADAMS
CLARENDON HILLS
lfadams@earthlink.net

MARIJEAN CONCANNON
ELMHURST
mc@bmwlawfirm.com

SUZANNE KIBORT
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BOB WALSH
CRYSTAL LAKE
bobwalshnd@aol.com

We're growing every month!

<u>Type</u>	<u>Memberships</u>	<u>Members</u>
Family	40	95
Individual	<u>115</u>	<u>115</u>
Total	145	210

Staying Connected

Please inform us of any additions or changes to your address, phone number, or email address. We'll print them in **Cue Sheet** as they change. It's our way of updating the EBC Directory on an ongoing basis.

Send changes to:

Mary Moroney

Database Manager

Elmhurst Bicycle Club

P.O. Box 902

Elmhurst, IL 60126

Or Email: cycling33@comcast.net

EBC Hotline—630-415-BIKE

Call for Ride updates, membership, and general information.

To organize an unscheduled ride, call **Sharon Ganske**
630-462-3734 or e-mail **Sharon** at ganskesh@hotmail.com
EBC Website
www.elmhurstbicycling.org

March Meeting is
Thursday, March 11th, 7:00 PM
Community Bank of Elmhurst

—Program—

BIKE RACING For All Ages

Types of racing available in the Midwest, presented by Pat Murphy (a 72 years young former Canadian Olympiad), and Mike Farrell (Professional Coach and owner of Prairie Path Cycles). Also attending will be a computerized Comp-Trainer for viewing and evaluation.

Collating Party

Friday, March 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 April 2004 Ride Schedule is March 13th, the second Saturday of March. 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 April 2004 Cue Sheet is Monday, March 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

**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

At press time there were still 2 time slots open for Bike Show volunteers—One person each needed for Sunday 9:30 AM to 2:30 PM, and Sunday 2:00 PM to 5:00 PM (including tear-down). Volunteer and help spread the word about our new location and routes!

Need more info? **Larry Gitchell 708 409-0105** (home), **708 421-0120** (cell), or **LarsofMars@aol.com**

Illinois Amishland Cycling Trip
June 19—June 26

Self contained camping or moteling
tour of Illinois's Amish area.

For more info call **Mike Struglinski 708-246-2089**

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 ImSanborn@comcast.net or 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>

Dates	Event	For additional information	
March 19, 2004	First Ethnic Dinner of 2004	Judy Mikesell	630 833 1036
March 26 - 28, 2004	Annual Bike Show	Larry Gitchell	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	Mary Ann Badke	630 663 0295
May 8,22, 2004	Bike and Camp	Lew Worthem	630 834 5281
May 16, 2004	Lombard Lilac Parade	Betty Bond	630 932 0271
May 29-31, 2004	Madison WI Memorial weekend rides	Larry Gitchell	708 409 0105
May 31, 2004	Memorial Day Parade	TBD	TBD
June 18-20, 2004	Starved Rock Self-Contained Ride	Carole Danillo	630 495 8162
July 2-4, 2004	Apostle Islands Ride	Petra Hofmann	630 833 1667
July 25, 2004	Metro Metric—our main fundraiser	Joanne DeZur	630 833 7688
July 31-Aug 7, 2004	Ride in Summit Co. Colorado	Karen Schwartz	630 963 6250
Sept 8 to 16, 2004	Wisconsin Self-Contained Ride	Jerry Ringier	630 932 0271

March 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
Wed., Mar 3	9:30 AM	Ski or Bike or Hike	Waterfall Glen FP	Carol Nield 630-964-2488	This will be a SKI - BIKE or HIKE, depending on the weather. If there is ski able snow we will ski the entire 9 mile loop. If no snow we will bike (15-20 miles) or hike (4 miles) depending on temp and road conditions. Be prepared. Call Carol before event for more information. Meet at the Waterfall Glen F.P. entrance off of Cass Ave and Northgate Rd. just south of I-55 expressway.
Wed., Mar 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., Mar 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.
Wed., Mar 3	7:00 PM	Board Meeting	Mary Jo Bolan's House	Roland Porter 630-655-1890	March Board meeting.
Fri., Mar 5	10:30 AM	Downhill Ski	Wilmot Mountain Cafeteria Wilmot, Wisconsin	Helen Korth 630-665-0369	Downhill Skiing Last chance for spring skiing on manmade snow and groomed slopes. Wilmot is located on the Illinois / Wisconsin border, 17 miles West of I-94. Take I-94 North to Route 173, go West for 14 miles, go North on Wilmot Road for 3 miles to ski area.
Sat., Mar 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 decide the ride leader, distance and pace.
Sat., Mar 6	9:00 AM	45 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	High Wheels to High Wheeler '04 Check out the Model Railroad show at Harper College. There is an admission charge to the show. Bring a lock. There is a limited concession stand at the train show, or we can stop for snacks along the way. Check ride status with ride leader if it snows within a week of the ride!
Sat., Mar 6	9:30 AM	6 (or less) Mile Hike	Centennial Trail Romeoville	Susan Kilgore 630-515-1865 H 312-727-3597 W	CENTENNIAL TRAIL HIKE at Isle ala Cache This hike provides everyone's favorite distance. Turn around when you want to, because we hike 3 miles out and 3 miles back. Meet at the Historical Museum on Romeo Road. Option, meet at 8:30 AM for breakfast at Funny's Family Restaurant located at the corner of Rte 53 and Romeo Road.
Sun., Mar 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 forecast high temperature is at least 20 degrees. Call if you have any questions.
Sun., Mar 7	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., Mar 9	9:30 AM	15-20 miles 8-10 mph	Fullersburg FP Oak Brook	Mary Jo Bolan 630-887-9652	Ride to Panera Bread in Downers Grove Meet in the parking lot off of Spring Road.
Wed., Mar 10	9:30 AM 11:30 AM	15 miles 10-12 mph Planning Meeting	Nield's House Downers Grove	Carol Nield 630-964-2488	Annual Easy Rider Planning Meeting This is time to schedule all of the Wednesday morning rides for 2004. The meeting will be preceded by a ride (weather permitting) or a hike.

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., Mar 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 ride leader, distance and pace.
Mar., Mar 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 ride leader, distance and pace.
Thu., Mar 11	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 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Sat., Mar 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 decide ride leader, distance and pace.
Sat., Mar 13	9:00 AM	3 Hour 7 mile Hike	Blackwell FP Warrenville	Susan Kilgore 630-515-1865 H 312-727-3597 W	A WALK IN THE BLACK (WELL) FOREST Meet in the parking lot of McKee Marsh on Mack Rd. Explore the south side of Blackwell. Walk around "Mt Trashmore" and the lake and campgrounds. Bring snacks and water. The last time we did this hike it took us by surprise (for distance).
Sun., Mar 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 forecast high temperature is at least 20 degrees. Call if you have any questions.
Sun., Mar 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.
Mon., Mar 15	6:00 PM	20 Miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Season Opener Ride The Monday Night Ride is Back! Join us for a warm-up jaunt around the western suburbs. Lights required.
Tues., Mar 16	9:30 AM	15-20 miles 8-10 mph	McCullum Park Downers Grove	Carol Nield 630-964-2488	Ride to Ty Warner Park
Wed., Mar 17	9:00 AM	30-35 miles 11-13 mph	Villa Park Depot Villa Park	Walter Chilipala 630-832-9390	Road Ride to Caldwell Woods Bring snacks. Fast food stop included.
Wed., Mar 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 ride leader, distance and pace.
Wed., Mar 17	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 ride leader, distance and pace.
Fri., Mar 19	6:00 PM	Ethnic Dinner Hike	Wilder Park Elmhurst	Judy Mikesell 630-833-1036	Ethnic Dinner Hikes/Rides are back! Events will be held on the 3rd Friday every month. The first of the season will be a hike. Meet on the EAST side of the Elmhurst OLD library. Wilder Park is on Prospect Ave, north of St. Charles Road, south of tracks and west of York Road. We will take about a 2 mile hiking tour of the surrounding neighborhood and have dinner at an Irish Pub.
Sat., Mar 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 decide ride leader, distance and pace.
Sat., Mar 20	8:30 AM	4 Hour 9 Mile Hike	Waterfall Glen FP Darien	Susan Kilgore 630-515-1865 H 312-727-3597 W	THE FINAL EXAM - HIKE WATERFALL GLEN Bring snacks and water and be prepared for close to 4 hours of walking. The only option for a shorter route is to turn around before the halfway point. Park at the Northgate lot off of Cass, south of I-55.
Sun., Mar 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 forecast high temperature is at least 20 degrees. Call if you have any questions.
Sun., Mar 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.
Mon., Mar 22	6:00 PM	20 Miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Spring Has Sprung Ride Spring is officially here, so we'll spring onto our bikes and go for a ride. Lights required.
Tues., Mar 23	9:00 AM	20 miles 9-11 mph	Villa Park Depot Villa Park	Walter Chilipala 630-832-9390	Road Ride to Songbird Slough Bring snacks.
Wed., Mar 24	9:00 AM	30 miles 10-12 mph	Herrick Lake FP	Lou Fish 630-668-3446	Ride to Tri-County Park Meet in the parking lot off of Butterfield. Herrick Lake is on Butterfield Road in Wheaton, east of Herrick Road and west of Orchard Rd.

Door County

Several people have inquired as to whether we are going to do Door County again this June. If there is enough interest I am sure the Pine Grove Motel will be happy to see us. Please just drop me an e-mail or call if you are interested and I will get a date started. Thanks, Joanne DeZur cyclejoey@aol.com

4th of July Century Plus

A 4th of July Century plus ride is planned. The start location isn't established yet; possibly LeRoy Oaks Forest Preserve in St. Charles to Woodstock, Marengo, Union, and back to St. Charles. Stay tuned for further details.—Larry Gitchell

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Mar 24	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 ride leader, distance and pace.
Wed., Mar 24	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 ride leader, distance and pace.
Fri., Mar 26 to Sun. Mar. 28		Annual Bike Show	Navy Pier Chicago	Larry Gitchell 708-409-0105	Annual Bike Show Contact Larry about day and time if you want to work at the EBC booth.
Fri., Mar 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., Mar 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 decide ride leader, distance and pace.
Sun., Mar 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 forecast high temperature is at least 20 degrees. Call if you have any questions.
Sun., Mar 28	??	10-15 miles 8-12 mph	Salt Creek Park Elmhurst	Kathy Wagner 630-469-3863	Annual Virgin Voyage Details not available by press time. Call Kathy for an update on the plans.
Sun., Mar 28	12 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., Mar 29	6:00 PM	20 Miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Follow the Sun(set) Ride For the first time this season, we leave before sunset. Lights required.
Tues., Mar 30	9:30 AM	15-20 Miles 8-10 mph	Spring Rock Park Western Springs	Gerry Fekete 708-352-0913	Ride to Riverside Stop at Grumpy's in Riverside for snacks.
Mon., Apr 5	6:00 PM	25 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	"Hours of Daylight" and a full moon, too! Daylight Savings Time is back, and there's a full moon, so we can ride just as long as we want. Bring lights, because it will still get dark before we return.

Bike the Mad City

Memorial Day Weekend, May 29—31

The EBC returns to Madison for Memorial Day with another series of outstanding rides.

Saturday, May 29, we'll follow the route of the 'Syttende Mai' run/hike to beautiful downtown Stoughton and back. This is a 42—44 mile round trip, and it does have hills! Start location is the Hampton Inn on the west side.

Sunday, May 30, we'll shuttle out to the Sugar River Trail in New Glarus, WI and ride the Sugar River Trail. This is a flat 40 mile round trip on limestone. I will lead a shorter ride on the road after the Sugar River Trail ride, for those who would like to see a little more of the area (hills!). Or we can have a tailgate party in the parking lot until dinner time. Dinner is planned to be cheese fondue at the New Glarus Inn.

Monday, May 31, we'll meet at the Hampton Inn and circumnavigate Lake Mendota on the northwest side of Madison, then head over to our traditional Bratfest stop at Hilldale Shopping Center. The round-trip distance is about 35 miles. There are some hills, including the last three miles back to the Hampton.

The hotel we plan to use is the Hampton Inn Madison West 516 Grand Canyon Drive 608-833-3511. Details to follow. Need more info? **Larry Gitchell 708 409-0105** (home), **708 421-0120** (cell), or **LarsofMars@aol.com**

Way Out There...

I've been thinking about organizing a double century this summer.

The 2 best dates for maximum daylight and non-interference with other events appear to be Saturday June 12 or Saturday July 10.

I will arrange for SAG support and supplies. If anyone has a favorite route they would like to use, please let me know, or I can devise routes. I would like to have 3 loops of about 67 miles each, starting from the Depot in Elmhurst, preferably one north-east, one south-west, and one west-northwest.

Please keep in mind that we will have to maintain a 16-18 MPH pace to complete this ride before dark.

My plan is to estimate what time we will get back from each loop, then send the SAG driver back to the start ahead of us to meet any riders who want to join us for 1 or 2 of the later loops. Then we can use cell phones or radios to let them know exactly what time we'll be back.

Questions or comments? **Larry Gitchell 708 409-0105** (home), **708 421-0120** (cell), 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 Lilia 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 CHICAGOLAND BICYCLE FEDERATION,
THE LEAGUE OF AMERICAN BICYCLISTS,
THE LEAGUE OF ILLINOIS BICYCLISTS,
LIFE MEMBER ILLINOIS PRAIRIE PATH,
MEMBER CONSERVATION FOUNDATION,
RAILS TO TRAILS CONSERVANCY,
AND ADVENTURE CYCLING.



www.elmhurstbicycling.org

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

Safety

HOW TO RIDE IN TRAFFIC:

Want to know what a valued member of the American Cycling Community thought about this important topic? Discover why he centered his approach to understanding the important skill around (a) strength, (b) bike handling skill, (c) experience and (d) knowledge.

Read about his five (5) safety rules. Learn about the "ins" and "outs" of riding in traffic from a well respected writer (Ken Kifer) on the subject.

<http://www.beezodogsplace.com/Pages/EBC-Safety-Series/PDFs/Bicycle-TrafficRiding.pdf>

For a list of ALL the current safety links available for 2004 visit this page:

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

Label Glowing?

If you received this Cue Sheet with a fluorescent label, it means the membership chairperson hasn't received your dues for renewal, and this will be your last newsletter. In order to continue enjoying the benefits of the Elmhurst Bicycle Club, please renew your membership as soon as possible.

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** (2/04)

For Sale: **BICYCLING** Magazine from 1981 to 2003, mostly complete plus **CYCLIST** and **BICYCLE GUIDE** magazines from 1985 to 1989. \$60 or best offer. **Bob Jarosz 708-485-1962** (3/04)