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Treasurer

Walter Chilipala

630 832-9390

chlipbike128@netzero.net

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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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Mike Struglinski

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John1park@aol.com



Cue Sheet

April 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!

METRO METRIC XXIV

First of all, I would like to thank **Mike Tenzinger** for all the hard work and hours he spent making up our new route for 2004. I understand his daughter also had a hand in this project and I would like to make sure she knows we appreciate her help.

Secondly, we now have our chairmen complete thanks to **John Kaczmarczyk** stepping up to take over our missing Route Sign position. I found out later there was a little misunderstanding as to what he offered to handle but like the trooper he is still willing to take on the task with the help of **Marge Ricke**. Pick the job you would like to volunteer to do and call or e-mail the following people:

John Jacus

Rest Stop Chairman

Judy Mikesell

Virgil Rest Stop

Jim Hennig

Johnson's Mound Rest Stop

Hampshire Start/Finish (still open)

Gerri Fekete

Sag Drivers Chairman

Sandy Mapes

Donation Chairman

Cheri O'Riordan

Publicity Chairman

Al Stanke

Registration Chairman

Mike Strulinski

Parking Chairman

John Kaczmarczyk

Route Marking Chairman

Casey Worcester

Cookie Baking Chairman

GET READY TO SAY YES WHEN ASKED. Since this is entirely new we will need a lot of volunteers.

Thanks, **Joanne DeZur**, Metro Metric Chair

COMMUNITY BIKEABILITY

One of the more valuable measures of the livability of your community is its BikeAbility. Learn more about this concept.

Read the Bikeability Checklist for yourself. Discover an extensive list of resources to help you in your quest to make your community more bikeable.

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

The National Center for Bicycling & Walking (NCBW) has just re-issued its popular guide, Increasing Physical Activity Through Community Design. This 48-page guide focuses on how to make communities more bicycle-friendly and walkable. http://www.beezodogsplace.com/Pages/Articles/IPA_full.pdf

You can acquire the entirety of past and upcoming issues of the 2004 EBC Safety Series here:

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

New Cogs on the Cluster
Joining the EBC this month:

MARY DRENNAN
WHEATON
drennanmary@hotmail.com

DENISE AND JEFFERY STEINBERG
HINSDALE
dsteinberg12@comcast.net

We're growing every month!

Type	Memberships	Members
Family	44	106
Individual	<u>120</u>	<u>120</u>
Total	164	226

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**

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)

Trail Maintenance Info on the web

The DuPage County website has added a new section on Trail Maintenance and Construction Activities. It includes the new trail maintenance policy and any activities which might interrupt the path for users. Regular updates will be posted at: www.dupageco.org/bikeways

Deborah Jan Fagan, AICP
Chief Planner and County Trail System Coordinator
DuPage County Department of Economic
Development and Planning
421 N. County Farm Road
Wheaton, Illinois 60187

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

April Meeting is
Thursday, April 8th, 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, April 23th 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. Proof-reading 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 May 2004 Cue Sheet is Monday, April 12th.

Send items to:

Larry Gitchell

315 E. Palmer Ave.

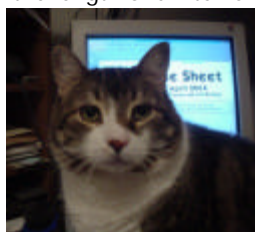
Northlake, IL 60164-1843

Phone: **708-409-0105** or **708-421-0120** (both lines have voicemail)

Email: **LarsofMars@aol.com**

You may have noticed that the picture above is not your friendly newsletter editor—it's what your newsletter editor typically sees while he's trying to work on the newsletter, otherwise known as Assistant Editor Leaper.

☺ April Fools!—Larry



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

Bike and Camp at Blackwell Forest Preserve

Want to give self-supported touring a modest try? Put your new equipment to use? Get outdoors in the spring air? Then these outings are for you. On Saturday—Sunday, May 8-9, and again on May 22-23, we'll load up and ride from Elmhurst to camp overnight at Blackwell FP in Warrenville. Sign-up and campsite permit required. For more information, e-mail **Lew Worthem**, email Lew@worthem.com, phone **630-835-7270**, or visit <http://worthem.com/blackwell>.

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**

Free Computer Lessons

Sharon Ganske and I meet a couple of times a month to maintain and enhance the EBC website. Join us and you will learn how to create and update pages, and then upload them to the site. We'll provide hands-on training with ample opportunity for you to contribute to design and content.

Have you ever thought about being Ride Captain, but hesitated because you don't know how to put the schedules up on the site? This is your chance! Learn the basics in a fun, friendly atmosphere. Even if you just want to learn HTML for your own site development, we'll be happy to get you started.—**Cindy Reedy**
cmreedy@prodigy.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	
April 17 - 24, 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

April 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
Sat., Apr 3	9:00 AM	33-38 miles 11-13 mph	Spring Rock Park	Mary Jo Bolan 630-887-9652 H	Ride to Flower Show We will ride to the Garfield Park Conservatory to view the Azalea Flower Show and the Spring Flower Show. We will spend approximately one hour at the Conservatory. Bring snacks and locks.
Sat., Apr 3	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 ride leader, distance and pace.
Sun., Apr 4	8:30 AM	33-38 miles 16-18+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Join Dave and Other Faster Riders The ride will finish by 11 am. with one rest stop.
Sun., Apr 4	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., Apr 4	1:00 PM	12-15 miles 8-10 mph	Depot Villa Park	Kacy Worcester 630-941-8532 H	Palm Sunday Ride Cancelled if weather is inclement. Call if in doubt.
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.
Mon., Apr 5	7:00 PM	1 1/2 Hour Hike	Depot Villa Park	Kacy Worcester 630-941-8532 H	Hike Under the Full Moon Hike for 1 1/2 hours under the full moon. Cancelled if weather is inclement. Call if in doubt.

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.

Madison Memorial Day Weekend Hotel Information

Most of the group will be staying at the Hampton Inn Madison West, 516 Grand Canyon Drive Madison, WI 53719 608-833-3511.

Sharon Ganske has reserved a block of 10 rooms with 2 beds for the EBC on May 28, 29, and 30. The regular rate is \$84.00 / \$80.10 with AARP discount. Mention the EBC when booking the room. Please reserve your room by April 28.

Here is a description of the hotel:

"Just 12 miles from the city center, this comfortable hotel is within walking distance of great restaurants and the West Towne Mall.

"Guestroom amenities include a free TV movie channel, private coffee makers, and a convenient data port for business travelers.

Start the day with a delicious complimentary deluxe Continental breakfast after a workout in the fitness center or a few laps in the indoor pool."

—Larry Gitchell 708-409-0105 LarsofMars@aol.com

Return of the Sunday Slo-Polkow?

Many of you enjoyed riding on Sunday mornings last year at a pace of 12-14 mph and starting in Elmhurst at the same time as the Fast-Polkow ride. This year there are only 21 Sundays between May 2nd and Sept. 26th (excluding July 25). The ride would start at 8:30 am at Panera Bread near the SW corner of York Rd. and North Ave.

How about leading one or two rides this season? Cue sheets are available so you won't even have to create a route. If we can get enough volunteers this ride can become a standard, recurring ride again this year. Please contact me at the April meeting or sooner.—**Sharon Ganske 630-462-3734 ganskesh@hotmail.com**

Date	Time	Distance	Start	Ride Leader	Ride Description
Tues., Apr 6	9:00 AM	15-20 miles 8-10 mph	Spring Rock Park	Ted Sward 708-354-5782 H	To Burr Ridge for Bakery New adventure ride.
Wed., Apr 7	10:00 AM	45 miles 14 mph	McCollum Park Downers Grove	Peter Turula 630-968-3527 H 630-643-3527 C	Road Ride to SW Naperville Lunch stop included.
Wed., Apr 7	6:30 PM	Determined by riders that show	Parking lot at Ma- ple 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., Apr 7	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.
Thur., Apr 8	6:00 PM	Board Meeting	Community Bank	Roland Porter 630-655-1890	Board meeting
Thur., Apr 8	7:15 PM	Monthly Club Meeting	Community Bank of Elmhurst	Roland Porter 630-655-1890	Monthly club meeting at the Community Bank of Elmhurst lo- cated at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Sat., Apr 10	9:00 AM	50 Miles 13-15 mph	Hampe Park Carol Stream	John Park 630-690-2740	Ride to Performance Ride to Performance Bicycle to see what early season deals we can find. Brings some snacks or load up on GU at Perform- ance. We should be back around mid afternoon or so. Hampe Park is on the North side of Lies west of Gary and east of Kuhn. Questions? Call John.
Sat., Apr 10	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show determine ride leader, distance and pace.
Sun., Apr 11	8:30 AM	33-38 miles 16-18+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Join Dave and Other Faster Riders The ride will finish by 11 am. with one rest stop.
Sun., Apr 11	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., Apr 11	1:00 PM	12-15 miles 8-10 mph	Depot Villa Park	Kacy Worcester 630-941-8532 H	Easter Sunday Ride Cancelled if weather is inclement. Call if in doubt.
Mon., Apr 12	6:00 PM	25 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Flamingoes in Time The Easter Bunny has had his day; we're riding in search of the elusive pink flamingoes! Lights recommended, in case our flamingo chase runs late.
Tues., Apr 13	9:30 AM	20 miles 8-10 mph	McCollum Park Downers Grove	Carol Nield 630-964-2488 H	Ride to Brookeridge Aero Community New adventure ride.
Wed., Apr 14	9:00 AM	32 miles 12-14 mph	Tampier Lake Boat Rental	Leo Engstrom 708-598-6930 H	Ride to Pilcher Park Bring snacks. South on Route 83 past Archer and 107th Street. Turn slightly right onto Route 171. Go to Bell Road. Left on Bell to 131st Street. Turn left on 131st and go almost 2 miles to parking lot on the right.
Wed., Apr 14	6:30 PM	Determined by riders that show	Parking lot at Ma- ple 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., Apr 14	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.
Fri., Apr 16	6:00 PM	Ethnic Dinner Ride	Depot Villa Park	Judy Mikesell 630-833-1036	Ethnic Dinner Ride We will ride for an hour then enjoy dinner at a local ethnic res- taurant. Lights will be needed for the short ride back to the start. Bring money for dinner.
Sat., Apr 17	9:00 AM	50 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Link up to Lincolnwood Take a ride up north and gawk at the famous purple hotel of Lincolnwood. May include American Science and Surplus stop, and /or lunch break. Plan accordingly.
Sat., Apr 17	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., Apr 17	9:30 AM	Miles TBD mph TBD	Old Plank Trail Frankfort	Judy Mikesell 630-833-1036 H	Ride the Paved Trail Set your own pace and distance from 10 to 40 miles. Meet in the east parking lot on White St. Take Rt 45 south to the first left turn south of Rt. 30. Follow signs to town. Bring picnic or money for lunch.
Sat., Apr 17 to Apr. 24	TBD	TBD		Laura & Rich Kuhlman 630-462-5427	Week Long Trip on Natchez Trace This is a scenic ride between Nashville, TN and Natchez, MS. The roads are pleasant with little traffic because no semi-trucks or commercial vehicles are allowed on the road. Daily mileage is your choice. Daily post ride get togethers are planned also.
Sun., Apr 18	8:30 AM	33-38 miles 16-18+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Join Dave and Other Faster Riders The ride will finish by 11 am. with one rest stop.
Sun., Apr 18	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., Apr 18	1:00 PM	12-15 miles 8-10 mph	Depot Villa Park	Kacy Worcester 630-941-8532 H	Post Tax Season Ride Cancelled if weather is inclement. Call if in doubt.

Date	Time	Distance	Start	Ride Leader	Ride Description
Mon., Apr 19	6:00 PM	25 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	New Moon Ride Last month we had the Full Moon ride, this time it's the New Moon Ride! Bring lights; it's going to get a bit dark out there.
Tues., Apr 20	9:00 AM	20 miles 8-10 mph	Depot Villa Park	Walter Chilipala 630-832-9390 H	Ride to Wheaton New adventure ride. Stop at Einstein's. This will be a path ride if possible, otherwise on the roads.
Wed., Apr 21	9:00 AM	35-40 miles 12-14 mph	Herrick Lake FP Wheaton	Sharon Ganske 630-462-3734 H	Ride to Fox River Meet in the parking lot off Butterfield Rd. Ride west to the River Trail, north to St. Charles and then back to Wheaton. Lunch stop in Charleston Mall. All road and paved trail unless Fermi is closed.
Wed., Apr 21	6:30 PM	Determined by riders that show	Parking lot at Ma- ple 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., Apr 21	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.
Fri., Apr 23	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., Apr 24	9:00 AM	Trail Clean-up 2 to 3 Hours	Great Western Trail Carol Stream	Mary Ann Badke 630-663-0295	Annual Earth Day Trail Clean-up The Elmhurst Bicycle Club will be responsible for a one mile section of the Great Western Trail between Gary Ave. and Schmale Rd. Meet just south of the trail in the parking lot on the NE corner of St. Charles Rd. and Gary Ave. (See article on page 8)
Sun., Apr 25	8:30 AM	33-38 miles 16-18+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Join Dave and Other Faster Riders The ride will finish by 11 am. with one rest stop.
Sun., Apr 25	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., Apr 26	6:00 PM	25 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	ANZAC Day Ride In our case, ANZAC stands for "A Nifty Zip Around Cernan [Space Center]", with a candy store stop. Lights recommended - darkness is good for astronomers, but we want to see (and be seen).
Tues., Apr 27	9:30 AM	35-40 miles 12-14 mph	Depot Elmhurst	Betty Bond 630-932-0271 H	Double Dippin at Ben & Jerry's This is NOT a New adventure ride. Visit two stores on free day. Bring snacks or we will be stop- ping at a deli near Ben & Jerry's in Schaumburg.
Wed., Apr 28	1:00 PM	30-35 miles 14-16 mph	Greene Valley FP	George Hermach 630-717-1660 H	Ride to Two Forest Preserves Meet in the parking area off Greene Rd. between Hobson and 75th St. Ride to Herrick Lake and Danada Forest Preserves. Fortification stop at Oberweis Ice Cream. Ride cancelled if rainy.
Wed., Apr 28	6:30 PM	Determined by riders that show	Parking lot at Ma- ple 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., Apr 28	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., Apr 29	4:00 PM	25-30 miles 12-14 mph	Library Glen Ellyn	Betty Bond 630-932-0271	Who Would Rather Ride Than Eat? After the ride we'll come back to the library and enjoy Mark Dvorak's performance at 7 pm.

Put Some Adventure and Excitement in Your Life



Join **Jerry Ringier** and **Betty Bond** for their self-contained bike ride from Lombard, IL to Minong, Wis-consin this fall. We will be leaving Lombard at 8:00 AM on Wednesday, September 8th. The distance we will cover is about 550 miles and will take 9 days. The average per day will be about 60 miles. We will camp out each night and eat in restaurants when ever possible except for breakfast which will be eaten at our campground most mornings so we can get early starts. We test rode it last June and found it to be a challenging, scenic, and enjoyable route. There are hills (we are, after all riding Wisconsin) but nothing we aren't capable of doing by the end of the year when we are all in great shape. If you wish to stay in motels you will have to make your own arrangements. Phone us and we can tell you our nightly stops and you could find a nearby motel. Once we arrive at our *rustic cabin*, which is one step up from camping we can take a day or two to rest, fish, canoe, hike, or just gaze at the lake and watch the eagles soar. Everyone will have to camp as the *rustic cabin* is very small, but we do have a shower and kitchen. Group meals will be served to those that pitch in to help. Everyone is welcome. The **deadline** for signing up is **August 25th**. We may need to ask for volunteers to drive up (7 hours one way) the week before to leave a vehicle for our return trip. If you want to bike back to Illi-nois you are on your own. Any questions contact **Jerry or Betty** at **630-932-0271**—Submitted by **Betty Bond**

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.

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.

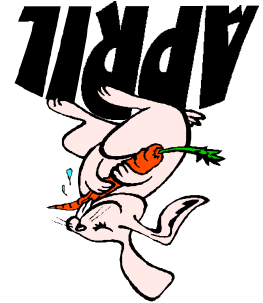
The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate In club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and 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 Bicycle Club
P.O. Box 902
Elmhurst, Illinois 60126

Annual Earth Day Trail Cleanup of the Illinois Prairie Path & Great Western Trail

Saturday, April 24, 2003 9:00AM

(No Rain Date—The cleanup will last until approximately noon.)

The Elmhurst Bicycle Club will once again take responsibility for cleaning up along a 1 mile section of the Great Western Trail between Schmale Road on the east and Gary Avenue on the west. Since we started supporting this event, many EBC members have volunteered to help the clean up.

It's a great time to meet and greet some of your fellow EBC Members, and it's a great feeling to be helping to keep our trails clean. Please consider coming out to help us this year.

The staging area will be the parking lot of the DuPage County Farm Bureau Foundation located at the Northeast corner of Gary Avenue and St. Charles Road (south of the Great Western Trail).

On Saturday, April 24th, bring friends and family, sturdy gloves, and garbage bags to fill. (EBC will have some heavy duty bags but bring one of your own in case we run out.)

The cleanup will last until approximately noon.

For further information on EBC participation in this event,
contact Mary Ann Badke at 630-663-0295 or e-mail mabstime@aol.com