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Ganskesh@hotmail.com

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630 887-9652

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Treasurer

Walter Chilipala

630 832-9390

chlipbike128@netzero.net

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!**

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mystromboli@mac.com

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Cue Sheet

May 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!

In Memory of

Don Dvorak

July 17, 1929 - April 2, 2004

Don was a member of the Elmhurst Bike Club since 1980. He served as VP/Ride Captain and in other volunteer positions with the club. He was an avid bicyclist, riding a total of 120,000 miles in his lifetime. He led us on many great routes which we will continue to ride in his memory.

RIDE FOR FREE

The Elmhurst Bicycle Club has agreed to pass out packets for the Chicago Bike the Drive to be held on May 30th. We will be stationed at the REI store in Oak Brook on May 22nd from 11:00 A.M. to 4:00 P.M. (a little clean up afterwards)

The fee to do the Bike the Drive is \$35.00 if you can volunteer to pass out packets (in which we will be inserting our flyers for the Metro Metric) for a few hours, you can ride for FREE. Please let me know either via phone call **630-833-7688** or e-mail: cyclejoey@aol.com. We need a few more people so please consider helping. Thanks—**Joanne DeZur**

BICYCLE MAINTENANCE

Find out how to maintain that lovely bike of yours to gain years of carefree service.

We focus on the tools you'll need to equip your own home "bike shop". More importantly, we learn which tools are thought to be most useful "in the field".

A section on pumps, all-in-one tools and tires make for great reading. Discover the URL of the cycle maintenance guru Sheldon Brown.

You can find this article here:

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

Other past and upcoming articles for 2004 can be found here:

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

Eric

New Cogs on the Cluster
Joining the EBC this month:

KATHY CAUCIG & TERRY HANSA
VILLA PARK
kcaucig@yahoo.com

CAROL N. COUNELIS
WINFIELD
carolncounelis@aol.com

JOYLIN LANE
WHEATON

SCOTT MOSELEY
ELMHURST
sdjm_1@spamex.com

CHRISTINA BASIS-PRINZI & JOHN PRINZI
LAGRANGE PARK

WILLIAM WAYNE
HINSDALE

Vanessa Rolek
Lisle, IL

Welcome Back

ELAINE DOW
SUN CITY CENTER, FL
yoohoo@verizon.net

FRANK MAGDIC
LA GRANGE PARK

We're growing every month!

<u>Type</u>	<u>Memberships</u>	<u>Members</u>
Family	53	128
Individual	140	140
Total	193	268

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

May Meeting is

Thursday, May 13th, 7:00 PM
Community Bank of Elmhurst

—Program—

Doctor Garvey talks about Carpal Tunnel Syndrome in the hands.

Collating Party

Friday, May 28th at 7:00 P.M.
At the home of **Judy** and **Charlie Mikesell** in Villa Park
Call Judy at 630-833-1036 for details

Deadline Pressure

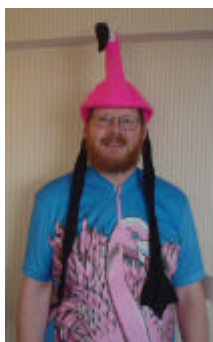
The deadline for submissions to the June 2004 Ride Schedule is May 15th, the second Saturday of May. Call Ride Captain **Sharon Ganske, 630-462-3734**, email **Sharon** at ganskesh@hotmail.com, or see **Sharon** at the monthly meeting.

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 June 2004 Cue Sheet is Monday, May 17th.



Send items to:

Larry Gitchell

315 E. Palmer Ave.
Northlake, IL 60164-1843
Phone: **708-409-0105** or **708-421-0120** (both lines have voicemail)
Email: LarsofMars@aol.com

May 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., May 1	9:00 AM	60 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Ride out to the Long Grove Chocolate Festival. This ride will include a few stretches on busy streets, and a couple short unpaved segments, 1/4 mile or less. Bring money, or carry snacks, and a lock.
Sat., May 1	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sat., May 1	10:00 AM	32-35 miles 10-12 mph	Caldwell Woods FP Chicago	John Kaczmarczyk 630-257-9013 H	Spring Ride To Botanic Gardens A bike path ride to the Botanic Gardens. Meet at the Caldwell Woods FP parking lot located at the corner of Milwaukee Ave. (Rt. 21) and Devon Ave. Spend an hour at the gardens and have lunch before returning. Bring money, or carry snacks, and a lock.
Sun., May 2	8:00 AM	25-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Slower Polkow Ride The ride will be over no later then 11 a.m.
Sun., May 2	8:30 AM	28-32 miles 15-17 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Medium Paced Morning Ride Join Ray for the first Sunday Morning Medium Pace ride. The ride will end by 11 AM with one rest stop.
Sun., May 2	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., May 2	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.

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.

Dates	Event	For additional information	
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

Date	Time	Distance	Start	Ride Leader	Ride Description
Mon., May 3	6:00 PM	25 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	"Work off the Chocolate" Ride If you rode to the Long Grove Chocolate Festival on Saturday, it's time to get out and "Work off the Chocolate". Or maybe we'll go find some more chocolate? Even if you didn't make the festival, we're sure to have a great ride!
Tues., May 4	9:00 AM	17 miles 8-10 mph	Spring Rock Park	Ted Sward 708-354-5782 H	New Adventure Ride.
Wed., May 5	9:00 AM	30-35 miles 12-14 mph	Madison Meadow Lombard	Betty Bond 630-932-0271 H	Ride to Four Lakes in Lisle Meet in the parking lot off Wilson Ave. Lunch stop at Burger King or small restaurant or bring your own.
Wed., May 5	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., May 5	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thur., May 6	9:00 AM	35 miles 13-15 mph	Old Plank Trail Frankfort	Joanne Dybala 630-493-1514	Breakfast at Betty's Take Rt. 45 south. Turn left just past Rt. 30. Meet in the parking lot on White Street. Ride to Betty's Plantation Restaurant for breakfast. No ride if raining.
Thur., May 6	10:00 AM	approx. 25 miles 10-12 mph	Westchester Community Church Westchester	Diane Kania 708-344-9847	Get Back In The Saddle Increase speed and distance weekly. Church at 1840 Westchester Blvd. is 1/2 mile North of 22nd Street just east of Mannheim (Route 45). Ride is cancelled if raining.
Sat., May 8	8:00 AM	50 miles 18-20 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Ride to Pratt Wayne Woods. One rest stop. Be prepared for any weather.
Sat., May 8	9:00 AM	50 miles 13-15 mph	Depot Elmhurst	John Park 630-690-2740	Ride to Fluky's Hot Dog in Chicago for a Weiner. See if Jim Belushi, Jay Leno and Dan Aykroyd are right in calling it one of Chicago's best. For more info on the dogs, direct your browser toward www.flukys.com .
Sat., May 8	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show determine the ride leader, distance and pace.
Sat., May 8-9	3:30 PM	35 Miles 8-12 mph	Lew's House Elmhurst	Lew Worthem 630-835-7270	Bike and Camp Self-supported overnight camping at Blackwell Forest Preserve in Warrenville. Pavement and trails. Riders of all abilities welcome. Campsite reservation required. See http://worthem.com/blackwell for details and directions, or call Lew.
Sun., May 9	8:00 AM	25-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Slower Polkow Ride The ride will be over no later than 11 a.m.
Sun., May 9	8:30 AM	33-38 miles 16-18+ mph 28-32 miles 15-17 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131 Ray Dal Lago 630-543-4655	Join Dave and Other Faster Riders The ride will finish by 11 am. with one rest stop. Medium Paced Morning Ride The ride will finish by 11 am. with one rest stop.
Sun., May 9	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., May 10	6:00 PM	25-30 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Full Daylight MNR The first time this year we'll have enough daylight to be back before dark!
Tues., May 11	9:00 AM	15-20 miles 8-10 mph	Fullersburg Woods FP, Oakbrook	Mary Jo Bolan 630-887-9652 H	Ride to Caribou Coffee in LaGrange New adventure ride.

The Delightful Lombard Lilac Parade

May 16th is the day EBC will be riding in the Lombard Lilac Parade. We need to be at Main and Wilson Avenues at no later than 1:15 PM. Ask any marshal and they will be able to tell you where we are assembling to step off. There is ample parking at Eastgate Shopping Center on Meyers Rd and a very short bike ride to the starting place. The parade theme is "50 Years on Parade". Everyone needs to wear a EBC jersey, mileage shirt, or bright colored shirt. Come out and show your "stuff". There will be a cook-out immediately following at the home of Betty Bond and Jerry Ringier. Everyone is welcome even if you were unable to march in the parade.—**Betty Bond**

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>.

Tales from the Bike Show



The EBC booth just before opening time on Saturday morning. Helmut Nueman checks out the photo albums.

Club President **Roland Porter** worked Saturday afternoon, alongside **Jeff** and **Ian Wincentsen**. **Ian** got a bike from the Bike Swap that was held during the show; he really had fun when he discovered he could get away with riding around inside festival hall!

For Sunday morning, **Freda Brown** rode in from Schaumburg to Navy Pier! It was such a beautiful morning that it made your friendly newsletter editor regret that he had to drive in to pick up the booth supplies at the close of the show.

Tom Engel and **Mary Jo Bolan** did their part handing out flyers and newsletters, and distributing those delicious cookies. We had a hard time not eating them ourselves! For the last shift we were joined by **Leo Engstrom**, until it was time to clean up and head for home.

Also sighted at the show were **Laura** and **Rich Kuhlman**, who had their own booth selling posters and t-shirts, **Marty Kotecki**, **Mike Incopero**, **Kristine Kluko**, **Doug Henzel**, **Tom Mara**, **Juan Nieto**, **Kathy Wagner**, **Jerry Radek**—handing out bags of popcorn next door at the Evanston Bike Club booth, and probably many others as well.

The show appeared to be quite well attended. We handed out about 1500 Metro Metric flyers and a couple hundred newsletters, all of our big box of 'critters', and the aforementioned cookies. **Joanne DeZur** supplied 2 photo albums of club pictures, and for the first time we had a sample of the Metro Metric T-shirt on hand. We offered a discount rate for registering at the show, and pulled in a few Metro Metric pre-registrations. It appears we are ahead of last year on pre-registration, and we're looking forward to a successful Metro Metric. Mark your calendars for July 25th, in Hampshire, Illinois! We still have plenty of positions for volunteers.—**Larry Gitchell**

A big "Thank You" goes out to everyone who helped out with the Elmhurst booth at the Bike Show!

Jeanne Whiting and **Marge Ricke** did a lot of work getting ready for the show—We had hundreds, if not thousands of homemade cookies that we handed out over the course of 3 days, a big box of polyester "puffball critters" with www.elmhurstbicycling.com stamped on their ribbon tails, and very festive booth decorations, including the giant inflatable bananas. (I'm told you can get one for your very own at www.chiquitastore.com.)

Jeanne and **Marge** worked all of Friday afternoon and evening; **Al Stanke** arrived at the show in full Elmhurst Bicycle Club gear—a guy from Orbea bicycles showed up at the booth with **Al** and an orange/yellow road bike frame that matched our club jersey perfectly! **David Maki** escaped from work early and came to Navy Pier for the evening shift.

On Saturday morning, **Helmut Nueman**, and three-fourths of the **Park** family, **John**, **Mary**, and **Cindy** worked at the booth. **Betty Bond** couldn't make it, but her cookies did, and they were very well received.



Club President Roland Porter (left) and Newsletter Editor Larry Gitchell take time out for a picture.

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

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., May 12	9:00 AM	35 miles 11-13 mph	Spring Rock Park	Gerry Fekete 708-352-0913 H	Ride to Argonne & Beyond Bring snacks.
Wed., May 12	6:30 PM	18-25 Miles 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Ride Lights are recommended.
Wed., May 12	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thur., May 13	10:00 AM	approx. 25 miles 10-12 mph	Westchester Community Church Westchester	Diane Kania 708-344-9847	Get Back In The Saddle Increase speed and distance weekly. Church at 1840 Westchester Blvd. is 1/2 mile North of 22nd Street just east of Mannheim (Route 45). Ride is cancelled if raining.
Thur., May 13	6:00 PM	Board Meeting	Community Bank	Roland Porter 630-655-1890	Board meeting
Thur., May 13	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., May 15	7:00 AM	55-60 Miles 14-16 mph	Depot Elmhurst	Lew Worthem 630-835-7270	Asian Places This is a route scouting ride for a future event. Busy urban streets and paved trails. Bring snacks.
Sat., May 15	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sun., May 16	6:00 AM 8:30 AM 11:00 AM	33-34 Miles Each loop 16-18+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Triple Loop Century Come out for any or all of the loops. I'll have my van at the start if you need to store anything. One rest stop during each loop plus a rest between loops.
Sun., May 16	8:00 AM	25-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Slower Polkow Ride The ride will be over no later than 11 a.m.
Sun., May 16	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., May 16	1:15 PM		Wilson & Main Lombard	Betty Bond 630-932-0271 H	Lilac Parade Join EBC members and friends to ride or walk in one of the biggest parades in the Western Suburbs. The Parade Theme is "50 Years on Parade". Participants should wear EBC jerseys, mileage shirts or bright colored shirts. There will be a cook-out at Betty and Jerry's house immediately following the parade....everyone is welcome even if you couldn't participate in the parade. There is ample parking in Eastgate Shopping Center on Meyers Rd. and it's a short ride over to Wilson and Main where you can locate a parade marshal wearing a green vest and a white visor to find out the start location for EBC.
Mon., May 17	6:00 PM	25-30 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Theme? What Theme? Ride The theme may be lacking but the ride goes on. Road/trail ride, Mountain bike recommended.
Tues., May 18	9:00 AM	20 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688 H	Glen Ellyn Einstein's & Beyond New adventure ride. Stop at Einstein's.
Wed., May 19	9:30 AM	35-40 miles 12-14 mph	McCullum Park Downers Grove	Joanne Dybala 630-493-1514 H	Sidecar Rendezvous Ride Here and There The ride will follow various roads then back to Downers Grove for lunch at the Dybala's (Chicago Style Hot Dogs and Deviled Eggs). Featuring the option of free BMW sidecar rides. Please R.S.V.P. by May 17th if you are coming to lunch.

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, Wisconsin 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 Illinois you are on your own. Any questions contact **Jerry or Betty** at **630-932-0271**—Submitted by **Betty Bond**

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., May 19	6:30 PM	18-25 Miles 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Ride Lights are recommended.
Wed., May 19	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thur., May 20	10:00 AM	approx. 25 miles 10-12 mph	Westchester Community Church Westchester	Diane Kania 708-344-9847	Get Back In The Saddle Increase speed and distance weekly. Church at 1840 Westchester Blvd. is 1/2 mile North of 22nd Street just east of Mannheim (Route 45). Ride is cancelled if raining.
Fri., May 21	6:00 PM	Ethnic Dinner Ride	Depot Villa Park	Judy Mikesell 630-833-1036 630-290-2675 day of ride	Ethnic Dinner Ride We will ride for an hour then enjoy dinner at a local ethnic restaurant. Lights will be needed for the short ride back to the start. Bring money for dinner.
Sat., May 22	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sat., May 22	9:30 AM	Ride Leader Workshop	Community Bank of Elmhurst	Ed Curtin 847-981-1677 Ted Sward 708-354-5782	Ride Leader Workshop See article in the newsletter for details. The Community Bank of Elmhurst is located at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Sat., May 22	9:30 AM	20(+) Miles 10-12 mph	North Branch FP Chicago	Judy Mikesell 630-833-1036 H 630-290-2675 Day of ride	Ride Trail to Botanic Gardens We will enjoy the gardens and have lunch before returning. Bring picnic or \$. There is an option to do an additional 20 miles. Meet at 2nd parking lot on Harms Rd. north of Golf. Harms is west of I-94.
Sat., May 22-23	3:30 PM	35 Miles 8-12 mph	Lew's House Elmhurst	Lew Worthem 630-835-7270	Bike and Camp Again Self-supported overnight camping at Blackwell Forest Preserve in Warrenville. Pavement and trails. Riders of all abilities welcome. Campsite reservation required. See http://worthem.com/blackwell for details and directions, or call Lew.
Sun., May 23	8:00 AM	25-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Slower Polkow Ride The ride will be over no later than 11 a.m.
Sun., May 23	8:30 AM	33-38 miles 16-18+ mph 28-32 miles 15-17 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131 Ray Dal Lago 630-543-4655	Join Dave and Other Faster Riders The ride will finish by 11 am. with one rest stop. Medium Paced Morning Ride The ride will finish by 11 am. with one rest stop.
Sun., May 23	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., May 24	6:00 PM	25-30 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Victoria Day Ride High Wheelers, long dresses for the ladies, straw hats for the gents? I don't think so! Put on your finest 21st century cycling gear and take a ride.
Tues., May 25	10:00 AM	20 miles 8-10 mph	Busse Woods FP Beisner Rd	Freda Brown 847-891-6010 H	Oberweis in Schaumburg Ride some of Schaumburg's paths and bikeways. Ice cream stop at 15 miles and then back to Busse. Take I-290 (Route 53, I-355) to Biesterfield Road East. Beisner Road is the 1st light East of I-290. Turn North (left) on Beisner Road. Busse Woods entrance is approximately 2 blocks on the left. Ride starts in the first parking lot from the entrance. Start time 10 am sharp.
Wed., May 26	7:30 AM	75-100 miles 11-13 mph	Illinois Ave & Fox River Aurora	Walter Chlipala 630-832-9390 H	Century on the Trail Ride the first weekday century of 2004. Not ready for 100 miles yet? Ride the miles of your choice. Bring snacks and lunch. There will not be any restaurant stops.

A VISIT TO SEBC

Sharon Ganske, Joanne DeZur, Earl and Ellen Weber paid a bicycling visit to the Southern Elmhurst Bicycle Club branch last month. **Richard Dombrow, Elaine Dow, Chuck and Shirley Ziemer** were our gracious hosts leading on a couple of bike rides, showing us their beautiful homes and going out to dinner with us. We drove down there leaving on March 19th and camped out at Manatee State Park while in Sun City. After a few days of riding, swimming, watching a synchronized swimming show, and playing dominos we separated for a few days to meet up again on April 2nd.

At this point we camped at a private campsite and proceeded to ride the beautiful Pinnela and Withlacucsee Trails with Elaine joining us the last day. This was my first time bike riding these trails and would recommend them to anyone in that area. Pictures will be put on the website later on and you might get a kick out of seeing an Explorer loaded with 2 bikes on top, 2 bikes on the back and enough gear on top and in the back to completely eliminate vision. Weather was great, however I never realized Florida was so windy.

—**Joanne DeZur**

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., May 26	6:30 PM	18-25 Miles 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Ride Lights are recommended.
Wed., May 26	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thur., May 27	10:00 AM	approx. 25 miles 10-12 mph	Westchester Community Church Westchester	Diane Kania 708-344-9847	Get Back In The Saddle Increase speed and distance weekly. Church at 1840 Westchester Blvd. is 1/2 mile North of 22nd Street just east of Mannheim (Route 45). Ride is cancelled if raining.
Fri., May 28	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., May 29	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sat., May 29	10:00 AM	40 Miles 13-15 mph	Olin-Turville Park Madison, WI	Larry Gitchell 708-409-0105 H 847-288-7000 W	Madison to Stoughton This is the first ride of the 3 day Madison, WI event. Come and ride for 1 or all 3 days. See newsletter or call Larry for all the details. Take a ride on the rustic roads of Dane County and visit the town of Stoughton. All roads and trails are paved - this is a hilly route. Start location: type "East Olin Ave. at John Nolen Drive Madison, WI 53715" into Yahoo Maps or Mapquest.
Sun., May 30	8:00 AM	25-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Slower Polkow Ride The ride will be over no later than 11 a.m.
Sun., May 30	8:30 AM	33-38 miles 16-18+ mph 28-32 miles 15-17 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131 Ray Dal Lago 630-543-4655	Join Dave and Other Faster Riders The ride will finish by 11 am. with one rest stop. Medium Paced Morning Ride The ride will finish by 11 am. with one rest stop.
Sun., May 30	10:00 AM	40-45 Miles 13-15 mph	Sugar River Trail New Glarus, WI	Larry Gitchell 708-409-0105 H 847-288-7000 W	Sugar River Trail Ride Crushed limestone trail through Wisconsin's Little Switzerland. Tailgate party and cheese fondue dinner at a local restaurant planned for after the ride. Optional second road loop in the hills after the trail ride. Start Location details: Railroad St. at 6th Ave, New Glarus, WI 53574. They have a nice trail center with washrooms. A state trail pass is required (may be purchased at the trail center.)
Sun., May 30	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., May 31	10:00 AM	40-45 Miles 13-15 mph	Hampton Inn West Madison, WI	Larry Gitchell 708-409-0105 H 847-288-7000 W	Ride around Lake Mendota This ride is based on a cue sheet Chuck Ziemer found online. We'll stop for our traditional Bratfest visit on the way back to the hotel. All pavement ride, moderately hilly. Start location: Hampton Inn West 516 Grand Canyon Drive Madison, WI 53719-1033
Wed., Jun 2	10:00 AM	36 miles 13-15 mph	Big Rock Park	George Hermach 630-717-1660 H	Picnic at Silver Springs State Park Ride scenic country roads with some rolling hills. Bring picnic lunch. Take US30 past Sugar Grove to Big Rock. Turn left on Rhodes, and then left on Sixth. Ride cancelled if rainy (will be rescheduled for a later date).

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: Barcroft Dakota Recumbent. \$800 **Mike Struglinski 708-246-2089**

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)

For sale: Giant Farrago girl's hybrid bike. 17.5 inch frame (43 cm), 700c wheels, Shimano Acera 7x3, Gripshift, About 10 years old. This is a really nice bike. Barely used, like new. Photos at <http://worthem.com/giant> \$75.00 Contact **Lew Worthem, 630-835-7270, Lew@worthem.com** (5/04)

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**

AFFILIATED WITH THE CHICAGO AND BICYCLE FEDERATION,
THE LEAGUE OF AMERICAN BICYCLISTS,
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AND ADVENTURE CYCLING.



www.elmhurstbicycling.org

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

DOOR COUNTY RIDE

In case you haven't noticed, the months are catching up to us and soon we will be leaving to ride the beautiful trails of Door County. I talked to the hotel and they look forward to having us stay for our 3rd annual outing.

You can call the Pine Grove Motel at 920/854-2321 to make your reservations. The least expensive room is \$77.00 but I am not sure how many of these there are. After you make your reservations please either call **630-833-7688** or e-mail me **cyclejoey@aol.com** so that I can have an idea how many will be attending. Our dates from Sunday June 13 leaving on Thursday June 17th.

We always have a great time and even if you cannot stay for the entire outing you can come up for a couple of days. A few people have had to cancel due to conflict of timing so let me know if you are looking for a roommate.—

Joanne Dezur

Ride Leader Workshop

May 22nd, 2003

The ride leader workshop is scheduled for 9:30 am May 22nd at the Community Bank of Elmhurst. Ed Curtin will be the ride leader. All current and potential rider leaders are encouraged to turn out for this event. There will be a short ride after the workshop. Any suggestions will be most welcome. Please note that the Bank will be open and we are not permitted to park cars in their space—the American Legion Parking lot next door should accommodate those who drive., or you can park at Eldridge Park across Butterfield Road, just a short walk from the bank. See Ride Schedule for address and contact information.