

Board Members

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Porter411@comcast.net

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Ganskesh@hotmail.com

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Mary Jo Bolan

630 887-9652

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Treasurer

Walter Chilipala

630 832-9390

chlipsbike128@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!**

Advocacy

Mike Incopero

630-682-0098

mystromboli@mac.com

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708 246-2089

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Newsletter Editor

Larry Gitchee

708-409-0105

LarsofMars@aol.com

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630 530-1250

cmreedy@prodigy.net



Cue Sheet

June 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!

Show Your Colors – Order a Club Jersey Today



The club's Board of Directors has decided to reissue the classic EBC club jersey, shown here. These high-quality garments, made by Voler, are priced at \$76.75. They are available in all sizes.

The manufacturer requires a minimum order of 25 jerseys. If not enough members order jerseys and we are unable to place an order, you will be notified.

For more information or to place an order, contact **Roland Porter** at porter411@comcast.net or **630-308-1890**. If you indicated an interest in ordering a club jersey earlier in response to **Roland's**

e-mail, it is not necessary to respond again.

METRO METRIC XXIV

We are once again asking for volunteers at any time or location, which is the only way we can make our invitational a success. Since this is a completely new route we have the opportunity to make it a lot larger than the past 2 years have been. I also feel sure that once people do this ride they will talk to their friends about how great the area was and maybe next year, which happens to be the 25th anniversary of our Metro Metric Ride, we can hit the old quantity of 1,000 riders.

Please contact one of the following chairman even if it is just for a few hours:

Rest Stops
Sag Drivers
Signs John
Registration
Donations
Individual Rest Stop:

John Jacus
Gerry Fekete
Kaczmarczyk
Al Stanke
Sandy Mapes
Judy Mikesell
John Jacus

jjacus@comcast.net
bikeongf@nyc.net
jskaczmarczyk@household.com
astanke@sbcglobal.net
smapes1009@aol.com
mikesell2@juno.com
jjacus@comcast.net

I would also like you to mention to all your friends or even your family members our shorter ride which will be approximately 10 to 13 miles for younger children riding or being pulled in trailers. I will be asking for every member to come up with at least one store window in which they could put a Metro 8-1/2 by 11 advertisement.—**Joanne Dezur**

An additional note concerning publicity for the Metro Metric XXIV—If anyone is participating in other bicycle rides or invitationals and/or belongs to a health club, please contact Publicity chairperson **Cheri O'Riordan** at **630-325-3917** for assisting in the distribution of our Metro Metric XXIV invitational brochures. Your help is much appreciated!

Rides and the Weather??

When in doubt about the weather be sure to call the ride leader to check on the status of the event. Ride leaders phone numbers are listed in the schedule. Sometimes, an announcement will be sent to the list server but ride leaders expect to get phone calls when the weather is an issue.

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

New Cogs on the Cluster
Joining the EBC this month:

PAMELA CEBRZYNSKI
DOWNERS GROVE

JIM DAVEE
CHICAGO

MICHAEL D. DWYER
WHEATON

RENEE ENGMAN
CHICAGO

KRISTINE AND ELENA GIVENS
ELMHURST

KEN MACK
AURORA

ANN MOGGE
HANOVER PARK

RITA MULHOLLAND
ELMHURST

CHRIS PUGH
NAPERVILLE

We're growing every month!

Type	Memberships	Members
Family	54	130
Individual	<u>152</u>	<u>152</u>
Total	206	282

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

June Meeting is

Thursday, June 10th, 7:00 PM

Community Bank of Elmhurst

—Program—

Advances in Bicycle Technology—Roland Porter

Collating Party

Friday, June 25th at 7:00 P.M.

At the home of **Judy** and **Charlie Mikesell** in Villa Park

Call Judy at 630-833-1036 for details

Scheduling Guidelines

The deadline for submissions to the July 2004 Ride Schedule is Midnight on June 10. 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** 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. To be considered for club mileage, rides must be in the published ride calendar or listed on the Hotline for a minimum of 3 days. From June 10 to June 20, unpublished events should be communicated to **Ed Curtin** at **847-981-1677** or at curtine1@comcast.net.

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 July 2004 Cue Sheet is Monday, June 14th.

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

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)

For Sale: Need a roof top rack? Don't pass up this bargain. I now have two Yakima roof top racks for sale. One has a ski rack attachment. Excellent condition, two mounts, all locks and keys. Will fit almost any car. \$100.00 OBO. At this price they won't last. **Erich Harper (Lombard) 630-629-5349.** (6/04)

June 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
Tues., Jun 1	9:00 AM	20 miles 8-10 mph	Depot Villa Park	Walter Chlipala 630-832-9390 H	New Adventure Ride. Path and street ride to Einstein's in Wheaton. Ride will be mostly on the streets if path is wet.
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).
Wed., Jun 2	6:30 PM	18-25 miles 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Jeanne Whiting 630-669-8863	Wednesday Night Intermediate Pace Show and Go Lights recommended.
Wed., Jun 2	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thur., Jun 3	9:00 AM	62 miles 12-14 mph	Greene Valley FP Naperville	Peter Turula 630-968-3527 H 630 643-3527 C	SW DuPage County Forest Preserves Loop ride through Herrick, Danada, Blackwell, McDowell, Spring- brook Prairie, Greene Valley and more. We'll stop for lunch in Na- perville. Hybrid bike recommended due to unpaved trails. Ride can- celled if wet. The starting point is the official "Trailhead" which is on the west side of the Greene Valley Forest Preserve. Take Greene Road to 79-th, take 79-th west for 0.46 mile, turn left on the park road and go to the end.
Thur., Jun 3	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 N. of 22nd just east of Mannheim (Rt 45). Ride is cancelled if raining.
Fri., Jun 4	6:00 PM	20-ish 11-13 mph	Depot Villa Park	Jeanne Whiting 630-669-8863	Friday Night Fish Fry This will be a road and/or trail ride with a stop at a local fish fry. Bring lights, lock and money.
Sat., Jun 5	8:00 AM	55 miles 13-15 mph	Depot Elmhurst	Lew Worthem 630-835-7270	Oriental Institute Museum This showcase of the history, art and archaeology of the ancient Near East is not to be missed. We'll ride busy city streets heading southeast to the University of Chicago in Hyde Park. The Hyde Park - U of C Arts Fest will be in progress. If time permits, we will also take in some not-so-ancient objects d'art. Museum admission is free, but a \$5.00 donation is suggested. Bring snacks, lock.
Sat., Jun 5	8:30 AM	35 miles 12-14 mph	Depot Elmhurst	Freda Brown 847-891-6010	5th Annual Breakfast At Diebolds. Ride to Schaumburg and enjoy a delicious homemade breakfast.

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	
June 13, 2004	Door County rides, stay 1 to 5 days	Joanne Dezur	630 833 7688
June 18-20, 2004	Starved Rock Self-Contained Ride	Carole Danillo	630 495 8162
June 19-26, 2004	Illinois Amishland Week	Mike Struglinski	708 246 2089
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
Aug 20-22, 2004	Lake Geneva Self-Contained Ride	The Diebolds	847 891 6010
Sept 8 to 16, 2004	Wisconsin Self-Contained Ride	Jerry Ringier	630 932 0271

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Jun 5	8:30 AM	60 miles 16-18 mph	Tracy's House Itasca	Tracy Gainer 630-250-9433	Ride to Algonquin All road ride up through Barrington Hills area to Algonquin and back. Food and drink at my house afterward. Call for directions
Sat., Jun 5	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.
Sat., Jun 5	9:30 AM	40-45 miles 10-12 mph	Gazebo Glen Ellyn	Jeanne Whiting 630-669-8863	Historic Ontarioville Ride Ride on various trails and roads out through Hanover Park and Bartlett. There will be a lunch stop at the Prairie Station Pub in "Ontarioville". A few short sections of trail will be rough gravel and dirt. Some roads may be busy. Bring snacks or money for lunch and a lock.
Sun., Jun 6	7:30 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., Jun 6	8:30 AM	30-35 miles 15-17 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Medium Paced Morning Ride Join Ray as he leads the first Sunday of the month medium paced ride. Challenge yourself to get your legs and lungs pumping just a bit faster. One 5-10 minute rest stop, bring money or snacks. We'll be back by 11:00 AM.
Sun., Jun 6	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., Jun 6	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., Jun 7	6:00 PM	25-30 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Everything's Just Ducky MNR We'll waddle over to the Des Plaines River Trail and check out the wildlife. Mountain Bike recommended.
Tues., Jun 8	9:00 AM	18-20 miles 8-10 mph	Waterfall Glen FP Darien	Mary Jo Bolan 630-887-9652 H	New Adventure Ride Ride on paved roads and paths.
Wed., Jun 9	8:30 AM	62 miles 12-14 mph	Linne Woods FP Morton Grove	Jerry Radek 847-673-8159	Northshore Mansion Ride Ride bike trails and open roads through North Shore suburbs including the Northbrook Velodrome and Lake Forest mansions. Weather permitting, lunch in park overlooking Lake Michigan in Lake Bluff. Bring lunch or take out from Bluffington's restaurant in Lake Bluff. Take I-294 N. to Dempster and exit East. Go approx. 4 miles to Lehigh Ave., cross RR tracks, & turn left into Linne Woods FP across from MacDonalds. Joint ride with Evanston Bike Club.
Wed., Jun 9	6:30 PM	18-25 Miles 11-13 mph	Parking lot at Maple St. & Park Ave.	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Ride Lights are recommended
Wed., Jun 9	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thur., Jun 10	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 N. of 22nd just east of Mannheim (Route 45). Ride is cancelled if raining.
Thur., Jun 10	6:00 PM	Board Meeting	Community Bank of Elmhurst	Roland Porter 630-655-1890	Board meeting
Thur., Jun 10	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
Fri., Jun 11	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's House Winfield	Rich & Laura Kuhlman 630-462-5427 H	Tire Bite Pale Ale Ride Play hooky from work on Friday afternoons and enjoy a quick fast ride through the western suburbs followed by a cool Tire Bite Pale Ale on the patio.
Sat., Jun 12	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.
Sat., Jun 12	9:00 AM	68 miles 13-15+ mph	Cracker Barrel Bolingbrook	Joanne Dybala 630-493-1514 Roland Porter 630-655-1890	Lunch in Newark Ride in the country and stop for lunch. Meet in the parking lot in back of the Cracker Barrel Restaurant on Weber Rd. just north of I-55 in Bolingbrook. There will be food stop choices in Newark.
Sun., Jun 13	7:30 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., Jun 13	8:00 AM	60 miles 12-14 mph	Ashbury Park Naperville	Carole Danillo 630-495-8162 H	Ride to Silver Springs State Park This is a training ride for those doing the self-contained trip to Starved Rock the following week. Others are welcome to join. Bring a lunch.
Sun., Jun 13	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., Jun 13	9:00 AM	20 miles 8-10 mph	Morraine Valley College Palos Hills	Leo Engstrom 708-598-6930 H	New Adventure Ride to Willow Springs Drive south on Rte. 83 to Archer 107th St. Go east on 107th for 5 miles to College parking lot.
Sun., Jun 13	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., Jun 14	6:00 PM	25-30 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	"Ride for Old Glory" Come out and fly on the Monday Night Ride.
Tues., Jun 15	9:00 AM	15-20 miles 8-10 mph	Depot Villa Park	Walter Chipala 630-832-9390 H	New Adventure Ride. Path and street ride.

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., Jun 16	9:00 AM	30 miles 12-14 mph	I&M Parking Lot Channahon	Leo Engstrom 708-598-6930 H	Channahon to Morris Ride the road to Morris and then take the trail back. Drive I55 South to Rt. 6 (Exit 248) Turn right and go 2.5 miles to Canal St. Turn left and go 4 blocks. Meet in the parking lot on the right. Bring snacks.
Wed., Jun 16	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., Jun 16	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Fri., Jun 18	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 and 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., Jun 19	6:30 AM	100 miles 8-12 mph	Illinois St. Aurora	Joanne DeZur 630-833-7688 Judy Mikesell 630-833-1036 H 630-290-2675 C	Longest Day of the Year Century Ride Ride will be on ALL paved trails, we will be stopping often. This is the ideal ride for first time century riders. Meet in Park Dist lot on the south side of Illinois Street, east of 31 and west of river. Bring snacks and \$ for lunch.
Sat., Jun 19	8:30 AM	62 miles 12-14 mph	Linne Woods FP Morton Grove	Jerry Radek 847-673-8159	Northshore Mansion Ride See June 9 for details.
Sat., Jun 19	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.
Sat., Jun 19 to Jun 26				Mike Struglinski 708-246-2089	Illinois Amishland Cycling Trip Self-contained camping or motel tour of Illinois's Amish area. For details contact Mike.
Sun., Jun 20	7:30 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., Jun 20	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., Jun 20	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., Jun 21	6:00 PM	25-30 Miles 13-15 mph	Depot Elmhurst	Larry Gitchee 708-409-0105 H 847-288-7000 W	"Closest to the Solstice" - The Ride Around O'Hare. Road ride looping around O'Hare Airport. Some busy streets and substandard pavement; road bike recommended. We should be back before dark.
Tues., Jun 22	9:00 AM	15-20 miles 8-10 mph	Depot Villa Park	Walter Chlipala 630-832-9390 H	New Adventure Ride. Path and street ride.
Tues., Jun 22	6:00 PM	25 miles 13-15 mph	McCollum Park Downers Grove	Peter Turula 630 968-3527 H 630 643-3527 C	Naperville Carillon Ride to the 7:30 PM carillon performance. The route is mostly on residential streets. We should be back before dark - "civil twilight" lasts to 9:05 PM. Check unpublished schedule in June for possible slower/shorter alternative to be lead by Mary Ann Badke.
Wed., Jun 23	8:30 AM	62 miles 10-12 mph	McCollum Park Downers Grove	Ted Sward 708-354-5782 H	Oswego- "The Way West" All bike friendly roads with one short section of gravel. Lunch at the River View Diner, Montgomery. This is a great chance to get your 62 mile ride for the patch series.
Wed., Jun 23	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., Jun 23	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.

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
Fri., Jun 25	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's House Winfield	Rich & Laura Kuhlman 630-462-5427 H	Tire Bite Pale Ale Ride Play hooky from work on Friday afternoons and enjoy a quick fast ride through the western suburbs followed by a cool Tire Bite Pale Ale on the patio.
Fri., Jun 25	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., Jun 26	8:00 AM	50-65 miles 16-18+ mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Where??? Ride Join Ray for his "I'm Not Telling You Where We Will Ride" ride. One rest stop, bring money and/or food.
Sat., Jun 26	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.
Sat., Jun 26	9:30 AM	40-50 miles 15-18 mph TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Saturday Intermediate Ride My route from Glen Ellyn to Culvers in Bolingbrook. Returning home through Naperville.
Sat., Jun 26	9:30 AM	14-22 miles 8-11 mph	Depot Villa Park	Judy Mikesell 630-833-1036 630-290-2675 day of ride	Smell the Roses Path Ride A Family/New Adventure path ride. 1st stop outdoor Market in Wheaton, 2nd stop Kline Creek Farm for 1890's working farm, 3rd stop late lunch. Bring \$ or snacks & picnic.
Sun., Jun 27	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., Jun 27	7:30 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., Jun 27	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., Jun 28	6:00 PM	25 Miles 13-15 mph	Meacham Grove FP Bloomingtondale	Larry Gitchell 708-409-0105 H 847-288-7000 W	"Way Out West" Ride The Monday Night Ride moves to Meacham Grove Forest Preserve for a month. Meet at the parking lot on the west side of Circle Ave. This is about a block north of Lake Street (Rt. 20) in Bloomingtondale.
Tues., Jun 29	9:00 AM	20 miles 8-10 mph	Gazebo Glen Ellyn	Elaine Dow 630-293-1984	New Adventure Ride Join Elaine for her first EBC North ride of the season.
Tues., Jun 29	6:00 PM	25 miles 13-15 mph	McCullum Park Downers Grove	Peter Turula 630 968-3527 H 630 643-3527 C	Naperville Carillon See June 22 for details.
Wed., Jun 30	9:00 AM	28 miles 12-14 mph	McCullum Park Downers Grove	Peter Turula 630-968-3527 H 630 643-3527 C	Beyond Hidden Lakes in Bolingbrook Moderate paced ride with two stops. All residential streets and paved paths, except for a 0.3 mile dirt path. Destination will change if paths are wet.
Wed., Jun 30	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., Jun 30	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.

A New Sunday Morning Ride

Dave Polkow and I have started a 15-17 MPH ride on the first Sunday of each month. We realize some riders want to go fast but 16-18+ MPH is too fast. Hopefully a 15-17 MPH pace will challenge a few riders while getting in some serious mileage. Just like the fast ride, we'll start at 8:30 and be done by 11:00 with one rest stop. The plan is to cover around 30 miles for the ride. The Fast group will take one route and the Medium group will take another route and we will meet at the same rest stop. The first 15-17 MPH ride was a great success on Sunday, May 2nd and the ride this month should be equally fun. We'll start at the South parking lot of Panera Bread in Elmhurst. We would love to see you take the challenge!

Ray Dal Lago 630-543-4655 dlag10@aol.com

DOOR COUNTY RIDE

There is still time to join us for our annual Door County Ride. We will be staying at the Pine Grove Motel; call for reservations: **930-854-2321**. As it turns out we also will have 4 people currently camping if you are interested in that method. You can contact me for any other information at cyclejoey@aol.com or **630/833-7688**

We plan on leaving Sunday June 13th and returning Thursday June 17th. It is not necessary for you to stay the entire 5 days but it is fun. In addition to your own gear you will just need to bring a snack to share at the cocktail party before dinner every evening and whatever beverage you would like.—**Joanne Dezur**

THE CAN DO CENTURY

The Longest Day of the Year Century Ride—If you can ride 20 to 25 miles you can do this century ride!!

*This century ride is for anyone who ever wanted to try doing a century.

*All paved trail.

*Lots of short stops — Longer rest stops every 25 miles.

*Lunch stop.

*Slow pace 8-12 or ride your pace and distance.

*Plenty of daylight

*A lot of encouragement and good company.

For more information contact **Joanne DeZur** at **630-833-7688** or **Judy Mikesell 630-833-1036**

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FIRST AID FOR CYCLISTS:

First Aid for the club cyclist with an emphasis on issues for Ride Leaders. What kind of kit should you buy or build? What are the essentials in a first aid kit as outlined by the University of Maryland School of Medicine? Where can you go to get certified as a first aid expert? What should a ride leader know about first aid?
<http://www.beezodogsplace.com/Pages/EBC-Safety-Series/PDFs/Bicycle-FirstAid.pdf>



That is the only explanation for having perfect weather (even though heavy thunderstorms and possible hail was predicted) for the first bike and camp ride. Either that, or **Lew** has an unusual control of weather we did not know about.

WE DID SOMETHING RIGHT!

Carol, Earl, Joanne, Karen, Lew, Scott, Sharon, and Tom started out right on time for a self-contained weekend at Blackwell Forest Preserve. Since I was the only first timer everyone tried to convince me how much fun it was and that I would have no problem. It was somewhere in the high 80's as we proceeded on the Prairie Path towards Blackwell. The pace was pretty much 8 to 11 mph which is very comfortable considering you are carrying extra weight either on your bike or in **Scott's** case on his back. **Lew** decided since it was not raining we would do a few extra miles to start and went on the Danada Trail. Take my advice, avoid this for a while. It is very, very bumpy due to horses' hoof tracks in the limestone; we could have done a commercial for milk shakes.

After arriving at our sites, meeting up with **Cathy** and **Jim** who rode out on their own and setting up tents, showers were taken and dinner plans made. Is it really roughing it if you have beef stroganoff and beef stew for dinner?

Sharon, Earl, and I chose to ride our bikes to a deli for dinner (less weight for me to carry). The other campers managed to get wood from the ranger for a fire beautifully set by our Boy Scout **Scott**. The ten of us sat around and corrected all the problems of the world until one by one riders left for sleep.

Morning came with still beautiful weather, about a dozen rain-drops fell while we were packing up and back home we started. Since it was Mother's Day a mutual decision was made to actually go to a restaurant for breakfast. The shortest wait time was at Egg Harbor in Danada where we had a great breakfast - sorry to say, **Karen** had to have her husband pick her up since they had tickets for the Cubs game and were on a time crunch (it rained there). We lost riders as it became convenient for them to go home along the way, however **Lew, Carol** and I made it back to the starting point around 11:30.

The weather was perfect, the company was perfect, and if you are in the least bit hesitant about attempting a self-contained weekend (like I was) DO IT. **Joanne** (don't forget to volunteer for the Metro Metric July 25th) **DeZur**