

## Board Members

President

**Roland Porter**

630 655-1890

[Porter411@comcast.net](mailto:Porter411@comcast.net)

Vice President / Ride Captain

**Sharon Ganske**

630 462-3734

[Ganskesh@hotmail.com](mailto:Ganskesh@hotmail.com)

Secretary

**Mary Jo Bolan**

630 887-9652

[Mjbolan@aol.com](mailto:Mjbolan@aol.com)

Treasurer

**Walter Chilipala**

630 832-9390

[chlipbike128@netzero.net](mailto:chlipbike128@netzero.net)

Membership

**Joanne Dybala**

630 493-1514

[rideabike@fastmail.fm](mailto: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](mailto:mystromboli@mac.com)

Database Manager

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[Cyclejoey@aol.com](mailto:Cyclejoey@aol.com)

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630-833-1036

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708-409-0105

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Sergeant at Arms

**Mike Struglinski**

708 246-2089

Website

**Cindy Reedy**

630 530-1250

[cmreedy@prodigy.net](mailto:cmreedy@prodigy.net)



# Cue Sheet

## July 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!

## Volunteers Needed

For those of you who were not able to attend the June meeting, I have seen a lot of riders whose names were not yet on the volunteer lists. This is the only money making event that we have (being that we are nonprofit) and especially since it is a new route we desperately need your help.

You may not be aware of the fact that 3 weeks ago we lost our start-finish spot since the town council decided that they had enough money to tear up and replace the entire High School parking lot. They have been very helpful in getting us a new location which is just 2 blocks in back of the High School, however, this will entail more signs and volunteers to direct people to register and park.

Please get in touch with one of the following chairpersons and volunteer even two hours of your time:

Rest Stops

John Jacus [jjacus@comcast.net](mailto:jjacus@comcast.net)

Sag Drivers

Gerry Fekete [bikeongf@nyc.net](mailto:bikeongf@nyc.net)

Signs

John Kaczmarczyk [jskaczmarczyk@household.com](mailto:jskaczmarczyk@household.com)

Registration

Al Stanke [astanke@sbcglobal.net](mailto:astanke@sbcglobal.net)

Donations

Sandy Mapes [smapes1009@aol.com](mailto:smapes1009@aol.com)

Individual Rest Stop:

Judy Mikesell [mikesell2@juno.com](mailto:mikesell2@juno.com)

John Jacus [jjacus@comcast.net](mailto:jjacus@comcast.net)

Don't forget you get to spend a lot of fun time with other EBC members and all (hopefully a lot) of our invitational riders. Oh, and yes you get a really sharp bright orange shirt.—**Joanne DeZur**

## Metro Pre-Rides

We will be doing our pre-rides on the Saturday before Metro Metric which is July 17th. They will all start from the Hampshire Elementary School at times to be determined by the ride leaders listed below. This will count in your club miles and give you a chance to see what the new routes are like since you will be volunteering your time the day of the actual ride.

I would like to see if possible the sag drivers try the route backwards that day so you have some sort of idea where you will be driving. We will probably have at least one sag car that day also.

We still need a ride leader for the 33 mile and a fast 100 mile.

Joanne DeZur 10/13 mile leader

Joanne DeZur 33 mile contact (need leader)

Mary Jo Bolan 48 mile leader

Gerry Fekete 65 mile leader

Ted Sward 100 slow ride

Larry Gitchell 100 mile fast contact

Thanks;

**Joanne DeZur**

**New Cogs on the Cluster**  
Joining the EBC this month:

**TODD BATTAGLIA**  
ELMHURST  
bagglio22@yahoo.com

**JANE BECKER**  
WILLOWBROOK  
jrrbecker@aol.com

**ROGER KLAFFKY**  
WILLOWBROOK  
klaffky@aps.anl.gov

**DAVID T. LYNAM**  
ELMURST  
tinman@lynamlaw.com

**GERALD NORTON**  
LOMBARD  
beancounter1@ameritech.net

**BOB PARRILLI**  
ST. CHARLES  
parrilli1@netzero.com

**JIM PARSZE**  
WESTCHESTER  
parsze@global.net

**PATTI QUINN**  
BENSENVILLE  
pquinn@technologystaffmg.com

**MARY ROE**  
VILLA PARK  
micronette@aol.com

**We're growing every month!**

Type	Memberships	Members
Family	54	130
Individual	<u>163</u>	<u>163</u>
Total	217	293

**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](mailto: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](mailto:ganskesh@hotmail.com)  
EBC Website  
[www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)

**July Meeting is**  
**Thursday, July 8th, 7:00 PM**  
**Community Bank of Elmhurst**

—Program—  
**Metro Metric**

**Collating Party**

Friday, July 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**

**Ride Scheduling Guidelines**

The deadline for submissions to the August 2004 Ride Schedule is Saturday July 10. Call Ride Captain **Sharon Ganske**, **630-462-3734**, email **Sharon** at [ganskesh@hotmail.com](mailto: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](http://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.

**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 August 2004 Cue Sheet is Monday, July 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](mailto:LarsOfMars@aol.com)

# July 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
July 1-4			Bayfield Wisconsin	Petra Hofmann 630-833-1667	<b>Ride the Wind of the Apostles</b> Ride around the Bayfield, WI area, take the ferry to Madeline Island and ride along lake Superior. On Friday and Saturday night I have tickets for Big Top Chautauqua's performances of Natalie McMaster and Taj Mahal. Stay at the Super 8 in Washburn, WI. Let me know if you're interested and I'll give you more details, etc.
July 2-4			Southeast Wisconsin	Janet Koludrovic 630-964-5126	<b>SWEBCO</b> "Southern Wisconsin Elmhurst Bike Club Overnight" has been a tradition for many years. Always a favorite because of wonderful routes originally organized by Susan Kilgore. All rides are at your own pace along quiet country roads with gently rolling hills. Fort Atkinson is about 2 hrs drive from Elmhurst so some people come for just the day. Need more information or directions, call Janet Koludrovic at (630)964-5126 or email jk48by60@aol.com.
Fri., Jul 2	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's House Winfield	Rich & Laura Kuhlman 630-462-5427 H	<b>Tire Bite Pale Ale Ride</b> 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., Jul 2	6:15 PM	25 11-13 mph	Jeanne's House Bloomingdale	Jeanne Whiting 630-669-8863	<b>Full Moon Fiesta</b> Ride roads and paved trails around Bloomingdale, Glendale Heights and Roselle. Enjoy an assortment of chips and salsas after the ride. Please bring lights.

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	
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

### **RAGBRAI (Everyone Pronounces It Wrong)**

A fun book that is an easy read. The title relates to one of the ride founder's (and author's) pet peeves. It is also one of his continual running gags. Both folks who have never ridden the ride and those who have will find it a fascinating tale of what can and will happen on a mass bicycle ride. The cast of characters through the years is at times inspirational and at other times will leave you laughing out loud. John Karras, the author, goes into some detail about how the ride came about and the very unscripted first ride as well as all the rides up to 1999.

The original plan was just for a couple of writers for the Des Moines Register to ride across the State of Iowa and record their encounters with folks across the state. At the very last minute they decided to invite readers to come join them. They didn't expect anyone to take them up on their offer and made no plans for accommodations, food or any of the other myriad details that go into a week long

ride. What follows is a hilarious chaos that somehow is also orderly bedlam. Wait till you read about the then 83-year-old Wunderkind, the late Clarence Pickard, who becomes an Iowa legend in literally a week. In the authors own words he was the George Burns of cycling. He showed up with a girls bike that he bought the week before the very first ride in 1973 and other than a naive faith that somehow or other against all odds he would be taken care of, had made no plans for the ride other than to finish. He truly is an inspiration and a riot. This book is well worth reading and I would give it 4 out of 5 Spokes.

Hopefully, I'm not the only one reading cycling related books and urge more of our well read members to send editor **Larry** (got articles?) **Gitchell** some reviews of books they've read.

Ride On (with books),  
**Mike Incopero**

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Jul 3	8:30 AM	37 miles 16-18+ mph	Panera Bread Elmhurst	Peter Turula 630 968-3527 H 630 643-3527 C	<b>Fast Ride to McCollum</b> Loop ride to McCollum - out via Oak Brook return via Hinsdale and Western Springs. The ride will finish by 11 am, with one rest stop.
Sat., Jul 3	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine ride leader, distance and pace.
Sun., Jul 4	7:30 AM	25-30 miles 10-12 mph	Panera Bread Elmhurst	TBD	<b>Slower Polkow Ride</b> The ride will be over no later than 11 a.m.
Sun., Jul 4	7:00 AM	100-105 Miles 15-17+ mph	LeRoy Oakes FP St. Charles	Larry Gitchell 708-409-0105 H 847-288-7000 W	<b>4th of July Century Plus</b> Ride St. Charles - Union - Marengo - Woodstock - Huntley - East Dundee - Elgin - St. Charles. Rest stops and SAG support are provided. May include 3 short limestone trail segments (depends on traffic). Directions to start location from Elmhurst: West on North Ave (IL 64) to Randall Road. Right on Randall Road about 1/4 mile to Dean Street. Left on Dean about 1/4 mile to LeRoy Oakes FP. Park in the parking lot on the left side of Dean Street.
Sun., Jul 4	8:30 AM	28-32 miles 15-17 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Medium Paced Morning Ride</b> Join Ray for the July Sunday Morning Medium Pace Ride. Ride should finish by 11 AM. One brief rest stop.
Sun., Jul 4	8:30 AM	33-38 miles 16-18+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Join Dave and Other Faster Riders</b> The ride will finish by 11 am. with one rest stop.
Sun., Jul 4	12 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will decide ride leader, distance and pace.
Mon., Jul 5	9:30 AM	10-50 miles 8-12 mph	Prairie Trail Crystal Lake	Judy Mikesell 630-833-1036 630-290-2675 day of ride	<b>Crystal Lake to Wisconsin</b> Many of us have ridden the Fox River trail to Crystal Lake. We will explore the Prairie Trail north of Crystal Lake to the Wisconsin boarder. Meet at the Crystal Lake trail shelter on the west side of S. Main St. South of Route 14 and North of Virginia St. Bring snacks and \$ for lunch stop
Mon., Jul 5	6:00 PM	25 Miles 13-15 mph	Meacham Grove FP Bloomingtondale	Larry Gitchell 708-409-0105 H 847-288-7000 W	<b>Choo-Choo Connection</b> We'll take a ride to Schaumburg and visit the famous(?) Bicycle & Choo-Choo Connection Store. All road or paved trails. Start location is the Meacham Grove Forest Preserve parking lot off of Circle Avenue, just north of Lake Street (Route 20) in Bloomingtondale.
Tues., Jul 6	9:00 AM	20 miles 8-10 mph	Waterfall Glen FP Darien	Mary Jo Bolan 630-887-9652 H	<b>New Adventure Ride</b> Ride to Oberwies ice cream shop in Western Springs.
Wed., Jul 7	9:00 AM	25-30 miles 10-12 mph	Depot Villa Park	Carol Nield 630-964-2488	<b>Pedal &amp; Paddle</b> Ride to Blackwell FP with an optional paddle on Silver Lake. Rental is \$5 per canoe, drivers license required as deposit. Bring food for a picnic lunch. Mostly roads with a few paths.
Wed., Jul 7	6:30 PM	18-25 Miles 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	<b>Wednesday Night Intermediate Ride</b> Lights are recommended.
Wed., Jul 7	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	<b>Wednesday Night Fast Pace Ride</b> Ride on roads.
Thur., Jul 8	6:00 PM	Board Meeting	Community Bank	Roland Porter 630-655-1890	<b>Board meeting</b>
Thu., Jul 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 located at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst
Fri., Jul 9	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's House Winfield	Rich & Laura Kuhlman 630-462-5427 H	<b>Tire Bite Pale Ale Ride</b> 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.

## Metro Metric XXIV publicity

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!

## Packet Pickup A Success!

The club would like to thank all the volunteers that helped the Bike the Drive packet pickup at the Oak Brook Terrace REI on May 22nd. We passed out approximately 1800 of our Metro Metric flyers. In addition, **Sharon Ganske** took the balance to the Schaumburg Bicycle Club packet pickup and distributed them. I personally would also like to thank **John Park** for taking my place as chairman of this event when I had to cancel. Thanks to All!—**Joanne DeZur**



## Operation Club Jersey

Here's the situation. Voler will be delivering our jerseys in the first week of September (I'm trying to get this date moved up). In the meantime you should determine your size by clicking on [www.voler.com/sizing.html](http://www.voler.com/sizing.html) and once you have determined your size send me a check for \$76.75 for each jersey you ordered together with

the size information. This check should be payable to the Elmhurst Bicycle Club and should reach me by the first of July. My home address is 411 Briargate Terrace, Hinsdale, Illinois 60521.

I really want to thank each and every one who ordered a jersey and thereby made this project workable as well as helping the club increase its visibility in the bike world.

— **Roland Porter**

# IT WAS THE BEST OF TIMES - IT WAS THE WORST OF TIMES

Greetings EBCer's,

I bet you've been thinking to yourself "What the heck is happening on the bicycle advocacy scene?" or more likely "Where the heck has that crazy ex-club president been or done to himself now!"

Well, it has been a very eventful year on the advocacy front with a lot of positives and a few negatives that we're still working on. Advocacy on behalf of the club involves not only local bicycle issues, but also county, state and national items.

On the local front we work and network with other groups such as Bikeable Roads and Trails Supporters (BRATS), The Illinois Prairie Path (IPP) (which the EBC is a Life member of), the League of Illinois Bicyclists (LIB) (which the EBC is a member of) and the Trail Riders of DuPage (TROD) an equestrian group as well as other organizations such as the Illinois Trail Conservancy (ITC) and The Conservation Foundation (TCF). We meet with these organizations on a regular basis to discuss and exchange ideas on the roads, trails, and items of mutual interest. What we are trying to build is a bigger voice that will be heard above the din that faces policy decision makers on a daily basis. United we stand - divided we fall!

On the County level we are very fortunate to have DuPage County Board Chairman Bob Schillerstrom, who has embraced the excellent trails we have and also expanded the system. He also had the excellent idea of having a Trail Coordinator in the Transportation Department. I think we are the only county to have such a person and we are very fortunate to have the very professional Deborah Fagan in that role. She is not only the overseer of the county trails, but a user as well and that is very positive. She is somebody you can contact in regards to the trails and know that your concerns, questions and suggestions will be considered and taken seriously.

Bob and Deborah have also spent some time thinking outside the box and have put in place a phenomenal plan to link all of the trails (both county and forest preserve) so that you can travel all over the county and beyond via the trail system. In less than two years they have taken the Southern DuPage Trail from concept to actual trail.

This is unbelievably fast for a project of this size. You truly have to see the map of their plans to really understand how great the network is going to be in the next five years. The plans include both the West Branch of the DuPage River trail and the East Branch of the DuPage River Trail. I love the river trails and one of the most exciting—and one that we worked very hard to get passed five years ago—will be built next year!

That is the Salt Creek Trail and it is scheduled to be completed in late summer 2005, will be 31.5 miles long, and stretch from Busse Woods all the way to the I&M Canal. It will connect with the Great Western Trail (GWT), the IPP, the Bemis Woods trail and numerous other forest preserve trails. The final plans are in front of IDOT for final approval and all the money is in place to build.

While Deborah's job was initially about the trails we've talked to her over the years about how important the roads are to cyclists as well and I'm excited to tell you that County Board Chairman Schillerstrom has recently announced a visionary Safe Roads Initiative. This is very positive, because it means cyclists will be thought of in all future road projects and represents a tremendous leap forward for us. So next time you see or write Bob or Deborah tell them how much you appreciate their sincere efforts on behalf of all cyclists.

On the state and federal level the news is more of the worst of times. The infamous Baub vs. Wayne case that stripped Illinois Cyclists of their rights continues to haunt us. This case made Illinois the only state in the union to view cyclists as permitted but not intended users of the road. In legal terms this is a huge difference and in simple terms means if you get hurt on the road you may not be able to sue to recover for damages caused by negligence. We have tried for several years to correct this and with the help of a lot EBCer's we came oh so close to getting our rights back last year. We will try again and will again need all of your efforts to get OUR RIGHTS back! So please make the effort when we ask for your help. YOU CAN AND WILL MAKE THE DIFFERENCE!

The state is having fiscal difficulties and at one point it looked like all the state money for trails would evaporate, but due to efforts by cyclists including the EBC, \$1.2 million was made available and \$200,000 was secured by friend of the EBC, Deborah Fagan, to help pay for the new bridge to replace the dangerous one over the east branch of the DuPage River. Bridges are very expensive and money these days at both the state and federal level is hard to come by. The very much needed bridge for the GWT in Lombard, that would cross the 4 lanes of St. Charles Rd., the three tracks of the Union Pacific Railroad and the two lanes of Grace St. will cost \$2.5 million and it is going to be difficult to obtain those funds. It is imperative that we contact both our state and federal representatives and tell them that funding for cycling is important not only for recreational purposes, but also for alternative transportation. It lowers medical costs by making us healthier and also lessens our dependency on foreign oil. The one bright spot on the federal scene is that both presidential candidates like to cycle (even if they both crash) and that hopefully will help us with cycling issues and money.

On behalf of the EBC and BRATS I attended the Chicagoland Bicycle Federation's (CBF) first two day bicycle conference that was held at the University of Illinois Chicago Campus. It was a gathering of local, state and even federal cycling advocates and really brought together some great exchanges of ideas. It was great to network and learn about some terrific ideas for cycling and cyclists such as CBF's own safe roads to schools initiative. In future newsletters I will cover some of the truly inspiring ideas from the conference for improving, expanding and spreading that thing we love - cycling!

Ride On (with Lance Armstrong for #6 in the Tour de France),

**Michael J. Incopero**  
EBC Advocacy Chairman

## Directions to ride starting locations

Starting Point	Directions
<b>Community Bank of Elmhurst Elmhurst, IL</b>	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.
<b>Depot Elmhurst, IL</b>	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.
<b>Gazebo Glen Ellyn, IL</b>	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.
<b>McCollum Park Downers Grove, IL</b>	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
<b>Spring Rock Park Western Springs, IL</b>	Spring Rock Park is located at 47 <sup>th</sup> Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
<b>Villa Park Depot, Villa Park, IL</b>	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.
<b>Volunteer Park Wheaton, IL</b>	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.
<b>Waterfall Glen Forest Preserve Darien, IL</b>	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.
<b>Panera Bread Elmhurst, IL</b>	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.
<b>Parking Lot at Maple and Park Lombard, IL</b>	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
Fri., Jul 9	6:00 PM	25-ish miles 11-13 mph	Depot Villa Park	Jeanne Whiting 630-669-8863	<b>Friday Night Fish Fry</b> Ride roads and trails to a local restaurant featuring a fish fry. Bring lights, locks and money.
Sat., Jul 10	9:00 AM	52 miles 12-14 mph	Greene Valley FP Naperville	Peter Turula 630-968-3527 H 630 643-3527 C	<b>SW DuPage County Forest Preserves</b> Loop ride through Herrick, Danada, Blackwell, McDowell, Springbrook Prairie and Greene Valley. Stop for lunch in Naperville. Half the distance is on unpaved trails so a hybrid bike is recommended. Ride cancelled if wet. Meet in the north parking area of Greene Valley, on the east side of Greene Road between Hobson and 75th. For ride status, directions and details see <a href="http://www.turula.com/ride">www.turula.com/ride</a> .
Sat., Jul 10	9:00 AM	50 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	<b>The Egress to Evanston</b> Take a Ride to beautiful Evanston in search of the legendary 'Gary Poppins' Popcorn Store. Road or paved trails, may include a short 'hike-a-bike' portage between roads. Bring money and/or snacks, plus a lock.
Sat., Jul 10	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine ride leader, distance and pace.
Sun., Jul 11	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. Dave's van will be at the start if you need to store anything. One rest stop during each loop plus a rest between loops. Actual start times of the second and third loops may be delayed if the group is late getting back.
Sun., Jul 11	7:30 AM	25-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	<b>Slower Polkow Ride</b> The ride will be over no later than 11 a.m.
Sun., Jul 11	12 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will decide ride leader, distance and pace.
Mon., Jul 12	6:30 PM	25-30 Miles 13-15 mph	Meacham Grove FP Bloomingdale	Larry Gitchell 708-409-0105 H 847-288-7000 W	<b>Bloomingdale and Beyond</b> A tour of Northwest DuPage County. Roads and paved trails. Start location is the Meacham Grove Forest Preserve parking lot off of Circle Avenue, just north of Lake St. (Route 20) in Bloomingdale.
Tues., Jul 13	9:00 AM	15-20 miles 8-11 mph	Depot Villa Park	Walter Chlipala 630-832-9390 H	<b>New Adventure Ride.</b> Path and street ride.
Tues., Jul 13	9:00 AM	30 miles 15-17 mph	IMAX Theater Woodridge	Karen Schwartz 630-963-6250	<b>Ride to South Naperville</b> Meet in the 7 Bridges shopping mall off of Route 53 in Woodridge.
Wed., Jul 14	9:30 AM	53 miles 10-12 mph	LeRoy Oakes FP St. Charles	Ted Sward 708-354-5782 H	<b>Kilgore's Kane Co Kapers</b> Ride the country roads. Lunch in Sycamore.
Wed., Jul 14	6:30 PM	Determined by riders that show	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show and Go</b> The riders that show will decide the ride leader, distance and pace.
Wed., Jul 14	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	<b>Wednesday Night Fast Pace Ride</b> Ride on roads.

## Off to the Races



If the June 20th Sunday Morning Fast Ride had been observed by a horse race announcer, this is what the recap would be like:

The riders are lined up in the Panera Bread parking lot...and...they're off!! Out of the parking lot it's **Left-Turn-I-Mean-Right-Turn** with an early lead followed by **Do-You-Know-Where-You're-Going** on the outside and **He-Knows-Where-He's-Going** a close third with the rest of the riders looking to make a move. Through downtown Elmhurst **Left-Turn-I-Mean-Right-Turn** has a slim lead over **What-A-Great-Day, I'm-Tired** and **Where-Are-You-Riding-Saturday**. Across North Ave. the riders are closing the gap on **Left-Turn-I-Mean-Right-Turn**, but wait!! **Oh-No-I-Broke-A-Spoke** drops to the back of the pack. **Oh-No-I-Broke-A-Spoke** is out of the ride. **Left-Turn-I-Mean-Right-Turn** is holding a slim lead down County Line Road. Here comes **I-Love-My-Recumbent** on the outside. It's **I-Love-My-Recumbent** with **Yes-I'm-A-Club-Member, Bob-Not-Bill** and **Why-Isn't-Dave-Leading** pulling away. **Left-Turn-I-Mean-Right-Turn** drops deep into the pack as the rest of the riders chase **I-Love-My-Recumbent**.

Through Bensenville, Wood Dale and Elk Grove Village the riders exchange the lead numerous times. Coming up to the half way stretch it's a three way tie for the lead with **Left-Turn-I-Mean-Right-Turn, Why-Did-You-Go-This-Way** and **Where-Are-You-Riding-Saturday** neck and neck. The rest of the pack is a brake cable's length behind.

Out of the half way point it's **Left-Turn-I-Mean-Right-Turn** still leading followed by **Man,-Are-We-Movin'** on the inside and **This-Is-A-Great-Ride** commanding the outside. Moving up to the fourth position as the riders make their way into Addison is **Hey-Ray-I-Have-A-Good-Joke-To-Tell-You. Hey-Ray-I-Have-A-Good-Joke-To-Tell-You** looks strong but out of nowhere comes **I-Love-My-Recumbent!!!!** It's **I-Love-My-Recumbent** all alone on Mill Rd. going over the 290 extension. **Left-Turn-I-Mean-Right-Turn** and **Not-Him-Again** give chase but **I-Love-My-Recumbent** is too fast. Through the turns in Addison the riders are on each others wheels. The excitement is building!! Oh...what's this???? It looks like **Uh-Oh-I've-Got-A-Flat** is dropping to the back of the ride. Yes. **Uh-Oh-I've-Got-A-Flat** is out. But wait!! **I'm-Tired, Where-Are-You-Riding-Saturday** and **You-Can-Use-My-Pump** have stopped

to offer assistance. They're signaling that they will see the rest of the group at the finish. The rest of the group continues on through Addison with **Do-You-Know-Where-You're-Going** and **I-Love-My-Recumbent** in the lead. The rest of the group is gaining strength and we've got a close knit pack coming back into Elmhurst. With less than a quarter mile to go it's **Left-Turn-I-Mean-Right-Turn** in the lead, now it's **This-Is-A-Great-Ride** in the lead. It's **Left-Turn-I-Mean-Right-Turn**, it's **This-Is-A-Great-Ride**, it's...it's...it's another wonderful Sunday Morning Fast Ride of 35 miles.

Sunday, July 11th, is the July Triple Loop Century. Come out for any of the 33+ mile loops beginning at or about 6 AM, 8:30 AM and 11 AM. We'll start from the Panera Bread parking lot as usual. Pace will be 16 MPH-18+ MPH. Dave Polkow will have his van at the lot and it will be stocked with nourishment to get you through the 100 miles. You can also go inside Panera if you need one of those funky coffee drinks. We hope to see you Sunday!!—**Ray Dal Lago** (from the club list server)

*Editor's note—I'm just glad Ray has referred to me here as "You-Can-Use-My-Pump" rather than "Doofus-On-A-Hybrid"—Larry*

Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., Jul 16	6:00 PM	Ethnic Dinner Ride	Depot Villa Park	Judy Mikesell 630-833-1036 630-290-2675 day of ride	<b>Ethnic Dinner Ride</b> 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., Jul 17	TBD	33 miles (mph TBD)  48 miles (mph TBD) 65 miles (mph TBD) 100 miles 10-12 mph 100 miles Fast	Elementary School Hampshire, IL	TBD  Mary Jo Bolan 630-887-9652 Gerry Fekete 708-352-0913 Ted Sward 708-354-5782 Larry Gitchell 708-409-0105	<b>Metro-Metric Pre Rides</b> Come out to try the route so you can answer our invitational riders questions. This is your opportunity to enjoy the new ride in the country. The school, at 321 Terwilliger Street, is about 5 miles west of Illinois Route 47, North of Illinois Route 72 and West of State St. See Map in Metro Brochure, Elementary School is in back of High School. Call the ride leader for start time and MPH.
Sat., Jul 17	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine ride leader, distance and pace.
Sat., Jul 17	9:30 AM	20 miles 10-12 mph	Golf & McCormick Skokie	Judy Mikesell 630-833-1036 H 630-290-2675 C	<b>Skokie Sculpture Garden Ride</b> The first part of the ride will be on a paved trail with stops to view the sculpture along the way. After lunch there will be a 10 mile ride to the lake front through Northwestern campus, past beaches and wind surfers. Parking is on the east side of McCormick Blvd just south of Golf Rd. Great Family Ride.
Sun., Jul 18	7:30 AM	25-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	<b>Slower Polkow Ride</b> The ride will be over no later than 11 a.m.
Sun., Jul 18	8:30 AM	33-38 miles 16-18+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Join Dave and Other Faster Riders</b> The ride will finish by 11 am. with one rest stop.
Sun., Jul 18	12 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will decide ride leader, distance and pace.
Mon., Jul 19	6:30 PM	25 Miles 13-15 mph	Meacham Grove FP Bloomingdale	Larry Gitchell 708-409-0105 H 847-288-7000 W	<b>Way Out West</b> Explore the roads of DuPage County from Bloomingdale west. Start location is the Meacham Grove FP parking lot off of Circle Avenue, just north of Lake Street (Route 20) in Bloomingdale.
Tues., Jul 20	8:30 AM	18 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688 H	<b>Dennis Doyle 3 Park Ride</b> Gravel path and street ride. Bring snacks.
Tues., Jul 20	9:00 AM	30 miles 15-17 mph	IMAX Theater Woodridge	Karen Schwartz 630-963-6250	<b>Ride to South Naperville</b> Meet in the 7 Bridges shopping mall off of Route 53 in Woodridge.
Wed., Jul 21	8:00 AM	55 miles 13-15 mph	Herrick Lake FP Wheaton	Lou Fish 630-668-3446 H	<b>Ride to Waubonsie</b> Meet at Herrick Lake FP, parking lot off Butterfield Road, at east end near flush toilets. Bring lunch or buy it at Waubonsie Community College cafeteria. Almost all road ride with a short, 1 mile, limestone stretch.
Wed., Jul 21	6:30 PM	18-25 Miles 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Ride</b> Lights are recommended.
Wed., Jul 21	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	<b>Wednesday Night Fast Pace Ride</b> Ride on roads.
Thu., Jul 22	9:00 AM	20 miles 9-11 mph	McCullum Park Downers Grove	Cindy Reedy 630-530-1250 H	<b>To Hidden Lakes, Bolingbrook</b> Website Ride: Using and verifying a cue sheet on the EBC website. For more details, refer to the cue sheet.

## Trail Safety Contacts

Greetings EBCer's,

Several folks have contacted me about who to contact about trail safety. So I've put together a list.

You are welcome to send an email to DuPage County Sheriff Zaruba (sheriff@dupageco.org) thanking him for getting these patrols started.

I also would encourage you to tell the following officials you do not want any more of the trees along the trails cut down or more native vegetation removed under the guise of trail safety.

As you may recall we spent a lot of time over the last 18 months convincing the powers to be that we needed to put together a comprehensive trail maintenance plan. Over several months we helped accomplished this thanks to the committee being led by the chair of The Conservation Foundation (TCF) which we belong to, The Illinois Prairie Path (IPP) that the club is a life member of and with whom we spend a lot of time interacting with, and Bikeable Roads & Trail Supporters (BRATS) which we are charter members of as well, the League of Illinois Bicyclists (LIB) whom we support and various appointed and elected officials of the county.

I would hope the county wouldn't now adopt the knee jerk reaction of clear cutting trees. If you recall this is what happened 20 some years ago along the stretch of the IPP in Elmhurst from the crossing of the Canadian National RR tracks west to Spring Rd when an idiot exposed himself and the reaction was a total clear cut from the trail to the street. The area is only now starting to recover.

These officials are:

prion@dupageco.org	Pam Rion
dolson@dupageco.org	Debra Olson
rkotecki@dupageforest.com	Roger Kotecki
rschillerstrom@dupageco.org	Robert Schillerstrom
deborah.fagan@dupahgeco.org	Deborah Fagan
forest@dupageforest.com	The general DCFPD forest preserve board address

Ride On,  
**Mike Incopero**

Date	Time	Distance	Start	Ride Leader	Ride Description
Thur., Jul 22	10:00 AM	50 miles 15-17 mph	Peck & Campton Hills St. Charles	Karen Schwartz 630-963-6250	<b>Hill Ride Out West</b> Hilly ride to Sycamore and back. It is 50 miles round trip and features a lunch at Sycamore before heading back. Meet in the parking lot off of the soccer field.
Fri., Jul 23	1:00 PM	30-35 miles 16-18+ mph	Kuhlman's House Winfield	Rich & Laura Kuhlman 630-462-5427 H	<b>Tire Bite Pale Ale Ride</b> 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., Jul 23	7:00 PM	Monthly Collating Party	Judy Mikesell's House Villa Park	Judy Mikesell 630-833-1036	<b>Newsletter Collating Party</b> Join fellow members in preparing August newsletter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat., Jul 24	9:00 AM	63 miles 16-18+ mph	McCollum Downers Grove	Peter Turula 630-968-3527 H 630 643-3527 C	<b>Fast Ride to Plainfield</b> Loop ride to Plainfield - out via Naperville, back via Bolingbrook and Burr Ridge. The ride will finish by 2 pm, with a rest stop plus a quick lunch in Bolingbrook.
Sat., Jul 24	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine ride leader, distance and pace.
Sun., Jul 25			Hampshire		<b>Metro Metric</b> Come out and help our club put on a great invitational ride for area cyclists.
Mon., Jul 26	6:30 PM	25 Miles 13-15 mph	Meacham Grove FP Bloomingtondale	Larry Gitchell 708-409-0105 H 847-288-7000 W	<b>Post-Metro Monday</b> Unwind after the Metro Metric with a road-trail ride. Start location is the Meacham Grove Forest Preserve parking lot off of Circle Avenue, just north of Lake Street (Route 20) in Bloomingtondale.
Tues., Jul 27	9:00 AM	15-20 miles 8-11 mph	Depot Villa Park	Walter Chlipala 630-832-9390 H	<b>New Adventure Ride.</b> Path and street ride.
Wed., Jul 28	8:30 AM	32 miles 11-13 mph	Caldwell Woods FP Chicago	Gerry Fekete 708-352-0913 H	<b>Ride To Botanic Gardens</b> 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.
Wed., Jul 28	6:30 PM	Determined by riders that show	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show and Go</b> The riders that show will decide the ride leader, distance and pace.
Wed., Jul 28	6:30 PM	Distance/Pace TBD	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	<b>Wednesday Night Fast Pace Ride</b> Ride on roads.
Sat., Jul 31	9:00 AM	45 miles 13-15 mph	Depot Villa Park	Lew Worthem 630-835-7270	<b>Waterfall Glen the Hard Way</b> Mtn. or hybrid bike recommended. Roads and limestone trail. BYO food. You will be tired, but happy.
Sat., Jul 31	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine ride leader, distance and pace.
July 31-Aug 7			Summit Co. Colorado	Karen Schwartz 630-963-6250	<b>Summit County is a great place for all types of cyclists. There are over 40 miles of paved bicycle paths designed for tourists and casual cyclists. Most of these paths follow the valleys, and are not particularly challenging. There are also hundreds of miles of paved roads, dirt roads and single track that vary from easy to very challenging, so there's something for everybody. Call Karen for details and to see if there are any openings for lodging</b>

**Cue Sheet** will publish your want ads—free!

E-mail **Larry Gitchell** at [LarsofMars@aol.com](mailto: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:** 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)

AFFILIATED WITH THE CHICAGOLAND BICYCLE FEDERATION,  
THE LEAGUE OF AMERICAN BICYCLISTS,  
THE LEAGUE OF ILLINOIS BICYCLISTS,  
LIFE MEMBER ILLINOIS PRAIRIE PATH,  
MEMBER CONSERVATION FOUNDATION,  
RAILS TO TRAILS CONSERVANCY,  
AND ADVENTURE CYCLING.



www.elmhurstbicycling.org

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

### **PROPER HYDRATION:**



What to drink, why and how much to maintain hydration during long hot rides.  
Warning signs of heat illnesses.

What are the key points in understanding and maintaining proper hydration?  
Are sports drinks better than plain water? What symptoms should  
I know to understand when a member of my cycling group is undergoing  
stress due to heat illness? Are there accepted treatments for various  
forms of heat illness? Learn these things and more...

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

As always you can find past and upcoming issues of the Safety article for 2004 here:  
<http://www.beezodogsplace.com/Pages/EBC-Safety-Series/index.html>