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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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Hit the Books...



The 2004 Handbook & Directory will be available for pick-up at the August 12th meeting.



Cue Sheet

August 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!

Group Riding Tips

(courtesy of the League of American Bicyclists)

1. Be predictable
 - In a group, your actions affect those around you, not just yourself
 - Riders expect you to continue straight and at a constant speed
 - Signal your intention to turn or slow down before you do so
2. Use signals
 - Use hand signals to indicate turns and point out hazards to others
 - Left or right arm straight out to indicate left or right turn
 - Left arm out and down with palm to the rear to indicate stopping
3. Give warnings
 - Ride leaders should call out right turns, left turns and stops in addition to signaling
 - Announce turns before the intersections to give riders a chance to position themselves
 - Try to avoid sudden stops or turns except for emergencies
 - When announcing conflicting traffic-indicate the direction and where the conflict is expected, i.e. "Up-Right (or Left)", "Back-Right (or Left)", "Car-Right (or Left)", etc. It is more important to indicate where the conflict is than what it is. *
4. Change positions correctly
 - Slower moving traffic stays to the right; faster traffic to the left
 - Pass slower moving vehicles on the left; announce your intention to do so
 - Announce passes on the right clearly as this is not a usual maneuver
5. Announce hazards
 - Most cyclists do not have a full view of the road while riding in a group
 - Announce potholes and other hazards so others can avoid them
 - Call out the hazard and point down to it, either left or right
6. Watch for traffic from the rear
 - The last rider should frequently check for overtaking cars
 - Announce "car back" clearly and loudly
 - It is also helpful to announce "car up" on narrow roads or when riding two abreast
7. Watch out at intersections
 - Leader should announce slowing or stopping at intersections if necessary
 - Cyclists should not follow others through intersections without scanning
 - Each cyclist is responsible for checking cross traffic; if you must stop, signal
8. Leave room for cars
 - On narrow roads or during climbs, leave space between every three or four riders
 - Motorists will utilize the shorter passing intervals to pass the group
 - Good relations with motorists is the responsibility of every cyclist
9. Stop off road
 - When stopping for mechanicals or regrouping, always move clear off the road
 - Only if conditions permit should you move back onto the road as a group
 - Always yield to traffic in the roadway
10. Ride single file
 - It is illegal in some areas to ride more than two abreast
 - Ride single file between intersections; double up when the group stops
 - When taking the lane, double up and take the whole lane

* This point was added by EBC.

—Submitted by Vice President and Ride Captain **Sharon Ganske**

New Cogs on the Cluster
Joining the EBC this month:

MARGE FIEDLER
VILLA PARK
margefiedler@sbcglobal.net

JOHN KONRAD
ELMHURST

LARRY PAGE
ELMHURST
acpdiver@comcast.net

ROMAN AND CARI SZCZESNIAK
WOODRIDGE, IL
RSJEngineering@yahoo.com

WILLIAM B. DOUGLAS
LAKE CITY, FL
wdb@onehop.com

We're growing every month!

Type	Memberships	Members
Family	54	130
Individual	<u>167</u>	<u>167</u>
Total	221	297

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

August Meeting is
Thursday, August 12th, 7:00 PM
Community Bank of Elmhurst

—Program—
Kathy Schubert—Touring in France

Collating Party

Friday, August 27th at 7:00 P.M.
At the home of **Judy** and **Charlie Mikesell** in Villa Park
Call Judy at 630-833-1036 for details

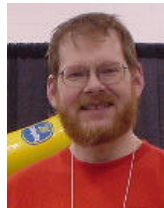
Ride Scheduling Guidelines

The deadline for submissions to the September 2004 Ride Schedule is Saturday August 14. 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.

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 September 2004 Cue Sheet is Monday, August 16th.

Send items to:

Larry Gitchell

315 E. Palmer Ave.

Northlake, IL 60164-1843

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

Email: LarsofMars@aol.com

"If you're riding ahead of the herd, take a look back every now and then to make sure it's still there."—Attributed to Will Rogers

August 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
Sun., Aug 1	6:00 AM 8:30 AM 11:00 AM	33-34 Miles Each loop 18-20+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Triple Loop Century Come out for any or all of the loops. Dave will have his van at the start if you need to store anything. Please park in the public parking lot on the south side of Panera Bread. One rest stop during each loop plus a rest between loops.
Sun., Aug 1	7:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Slower Polkow Ride The ride will be over no later than 11 a.m.
Sun., Aug 1	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 August Sunday Morning Medium Pace Ride. Ride should finish by 11 AM. One brief rest stop.
Sun., Aug 1	11:00 AM	75 Miles 13-15 mph	Trail Center Reedsburg, WI	Larry Gitchell 708-409-0105 H 847-288-7000 W	The 'Algebraic' Ride Ride the "400" State Trail and the Elroy-Sparta State Trail in search of the legendary Gina's "Pie Are Square" in Wilton. Trails are primarily limestone screenings. Hybrid or Mountain bike recommended. Bring a headlight (it only has to be a little one) and a light jacket for when we walk through the tunnel, money for lunch, and a lock. The trailhead is at the Reedsburg Depot, 240 Railroad Street, Reedsburg, WI 53939-1909. Purchase of state trail pass is required (\$4 daily / \$15 yearly).
Sun., Aug 1	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	
Aug 27-29, 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

USPRO National Criterium Championships Come to Downers Grove on Aug 21 & 22

The Streets of Downers Grove serve as the racecourse for the nation's best cyclists and in-line skaters. The events start on Saturday at 12:00 with citizen races and end with the Pro-Am Challenge at 6:00.

Sunday has a full day of racing with the highlight being the United States Postal Service USPRO National Championship Race starting at 3:45.

For a complete schedule of events, visit their website at www.sportsgrandprix.com or call 800-934-0615—**Carol Nield**

Lake Geneva Tour

Friday August 27—Sunday August 29

Bicycle to Lake Geneva Friday, do the tourist thing—take a dip in Lake Geneva next to campground, bicycle around Lake Geneva, walk around Lake Geneva, take a cruise around the lake to hear about the mansions, cruise the shops—and bicycle back Sunday. This ride originated 20 years ago when Richard Diebold was trying to get EBC members to try touring—bicycling with your tent and clothes on your bicycle and camping. Now Elmhurst Bicycle Club has many touring rides every year. If you want to try it out, come with us and learn from the pros.

This ride has all kinds of options. Find others who will bike up Saturday. Camp, motel, or "B&B". Carry your gear on your bicycle or have someone drive it up. We hope you will do the REAL touring thing. Put your tent and clothes in panniers and camp at Bigfoot Beach State Park.

Join us on this famous, fun ride, and your bicycle stories will top everyone else's.—**Freda Brown** and **Richard Diebold. 847-891-6010 (H)** or email gobycycle@aol.com

Date	Time	Distance	Start	Ride Leader	Ride Description
Mon., Aug 2	6:00 PM	25 Miles 13-15 mph	Community Park Lisle	Larry Gitchell 708-409-0105 H 847-288-7000 W	Bolingbrook and Beyond Take a ride through southern DuPage County on roads and paved, (or maybe unpaved) trails. Lisle Community Park is just west of IL Route 53 on Short Street in Lisle. We'll meet at the parking lot closest to 53 on the south side of Short St.
Tues., Aug 3	TBD	50 miles 11-14 mph	Anywhere on Loop	Freda Brown 847-891-6010 H	Bond/Ringier Tour Training Rides 50 miles loop from Schaumburg to Elgin, south down path to east on Great Western to north on President and back home. Loaded panniers. Exact times to be determined. Tuesdays and Thursday in August. You don't have to do the tour to join us. Call Freda for more info. 847-891-6010
Tues., Aug 3	9:00 AM	18 miles 8-10 mph	McCullum Park Downers Grove	Peter Turula 630 968-3527 H 630 643-3527 C	New Adventure Ride Ride on light traffic roads, with a stop at Bobak's in Burr Ridge.
Wed., Aug 4	9:30 AM	50 miles 14-16 mph on road, 12-14 mph on trail.	I&M Canal Trailhead Channahon	George Hermach 630 717-1660	I&M Canal to Seneca Ride scenic country roads one way and the canal towpath the other way. Lunch at the Seneca Family Restaurant. After lunch, we'll have a private guided tour of the historic Seneca Grain Elevator before our ride back to Channahon. Take Route 6 west from I-55 into Channahon, turn left on Canal St, then first street right into canal parking lot. Pace: 14-16 mph on roads, 12-14 mph on trail.
Wed., Aug 4	9:30 AM 10:00 AM	24 miles 9-11 mph	I&M Trailhead Channahon Cemetery Rd Trail- head	Ksenia Turula 630 968-3527 H 630 643-3527 C	Shorter I&MC ride to Seneca We will <i>drive</i> to the I&MC Cemetery Road Trailhead (a mile east of Morris) and ride to Seneca for lunch and the Grain Elevator tour. See the above ride description for details. Call if you need directions to the Cemetery Road Trailhead.
Wed., Aug 4	6:30 PM	18-25 miles 12-14 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Ride Lights are recommended.
Wed., Aug 4	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thu., Aug 5	TBD	50 miles 11-14 mph	Anywhere on Loop	Freda Brown 847-891-6010 H	Bond/Ringier Tour Training Rides Tues. and Thurs. in August. See August 3 for details.
Fri., Aug 6	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., Aug 6	6:00 PM	25 miles 12-14 mph	Depot Villa Park	Jeanne Whiting 630-669-8863	Friday Night Fish Fry Ride roads and/or trails to a local restaurant that features a fish fry. Other menu items will be available in case you don't like fish. Bring lights, locks and money.
Sat., Aug 7	7:30 AM	29-44 miles 12-14 mph	Plainfield High School Plainfield	Janet Koludrovic 630-964-5126 H	Joint Ride with JBC Please join me Saturdays at 7:30 am at Plainfield High school for a joint ride with the Joliet Club. Take I- 55 West/South (towards St Louis) to Route 126. Take 126 (you can only go one way) into town. Take a sharp left at Route 59. You'll soon see a strip mall on your right, and the light is at Fort Beggs Road. Take a right, and the school is 1/8 mile on the right.
Sat., Aug 7	9:00 AM	64 miles 17-19+ mph AVERAGE	Leroy Oakes FP St Charles	Ray Dal Lago 630-543-4655	De Ride to Dekalb Join Ray for his third annual De Ride to Dekalb, the home of barbed wire. The ride is on very rural roads so the only rest stop is in Dekalb for lunch. Bring money or lunch or both. Minimum two water bottles recommended. After the ride Ray will have a cold, juicy treat for all the riders.
Sat., Aug 7	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., Aug 7	9:30 AM	20-25 miles 9-12 mph	Depot Villa Park	Judy Mikesell 630-833-1036 630-290-2675 day of ride	Path Ride A path ride to and through Blackwell, roads to Cantigny where we will stop for lunch and spend an hour or so to view the gardens and museums. The return ride on road to path. Bring picnic or \$.
Sun., Aug 8	7:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Slower Polkow Ride The ride will be over no later than 11 a.m.
Sun., Aug 8	8:30 AM	33-38 miles 18-20+ 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., Aug 8	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., Aug 9	6:00 PM	25 Miles 13-15 mph	Ardmore Ave at Prairie Path Villa Park	Larry Gitchell 708-409-0105 H 847-288-7000 W	The moving Monday Night Ride settles down We're going to start from the gazebo just west of Ardmore Ave. on the Prairie Path from August 9 to August 30. Parking spaces are on the street along both sides of the Prairie Path right of way. Address for Mapquest or Yahoo Maps directions: Ardmore Ave. at Central Ave, Villa Park IL 60181. Route and destination TBD, 1 rest stop.
Tues., Aug 10	TBD	50 miles 11-14 mph	Anywhere on Loop	Freda Brown 847-891-6010 H	Bond/Ringier Tour Training Rides Tues. and Thurs. in August. See August 3 for details.
Tues., Aug 10	9:00 AM	20 miles 8-10 mph	Katherine Legge Park Hlmsdale	Mary Jo Bolan 630-887-9652 H	New Adventure Ride Ride the short loop of the I and M canal. Bring snacks.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Aug 11	9:00 AM	50-55 miles 12-14 mph	Old Plank Trail Frankfort	Betty Bond 630-932-0271 H	Ride to Channahon Ride to KG9 Tavern for tasty burgers.
Wed., Aug 11	6:30 PM	18-25 Miles 12-14 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Ride Lights are recommended.
Wed., Aug 11	6:30 PM	Distance TBD 16+	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thu., Aug 12	TBD	50 miles 11-14 mph	Anywhere on Loop	Freda Brown 847-891-6010 H	Bond/Ringier Tour Training Rides Tues. and Thurs. in August. See August 3 for details.
Thu., Aug 12	6:00 PM	Board Meeting	Community Bank	Roland Porter 630-655-1890	Board meeting
Thu., Aug 12	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 West Butterfield Road at the corner of Spring Road and Butterfield Road, Elmhurst
Sat., Aug 14	7:00 AM 8:00 AM	100 miles or 62 miles 16-18 mph	Panera Bread Elmhurst McCullum Downers Grove	Peter Turula 630-968-3527 H 630 643-3527 C	Fast Century Fast century ride at 7 AM from Panera to McCollum, Naperville, Plainfield, Burr Ridge, back to McCollum and Panera. Or join us at McCullum at 8 AM for a metric century. Rest stops at McCollum and Naperville plus a quick lunch in Bolingbrook.
Sat., Aug 14	7:30 AM	29-44 miles 12-14 mph	Plainfield High School Plainfield	Janet Koludrovic 630-964-5126 H	Joint Ride with JBC See August 7 for details.
Sat., Aug 14	9:00 AM	55 miles 11-14 mph	Depot Elmhurst	Lew Worthem 630-835-7270	Hyde Park Re-Oriented We'll ride again to the University of Chicago and pay a brief visit to the Oriental Institute. The first leg is southeast thru Chicago to Hyde Park. Next, we'll take the lakefront trail to Navy Pier and, finally west through Oak Park and River Forest. Along the way, we'll find a place for lunch. Bring snacks, lock.
Sat., Aug 14	9:00 AM	75 Miles 15-17+ mph	Gazebo Glen Ellyn	Larry Gitchell 708-409-0105 H 847-288-7000 W	Sailing to Sycamore Take a ride to the scene of the Northern Illinois Steam Power Club antique engine show just outside Sycamore. Actual visit to the show grounds optional, depending on the mood of the group. Rest stops and lunch as opportunity allows. If we do decide to visit the show, admission is \$5; bring a lock.
Sat., Aug 14	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine ride leader, distance and pace.
Sun., Aug 15	7:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Slower Polkow Ride The ride will be over no later than 11 a.m.
Sun., Aug 15	8:30 AM	33-38 miles 18-20+ 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., Aug 15	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., Aug 16	6:00 PM	25 Miles 13-15 mph	Ardmore Ave at Prairie Path Villa Park	Larry Gitchell 708-409-0105 H 847-288-7000 W	See Monday August 9 listing for description.
Tues., Aug 17	TBD	50 miles 11-14 mph	Anywhere on Loop	Freda Brown 847-891-6010 H	Bond/Ringier Tour Training Rides Tues. and Thurs. in August. See August 3 for details.
Tues., Aug 17	9:00 AM	15-20 miles 8-11 mph	Depot Villa Park	Walter Chlipala 630-832-9390 H	New Adventure Ride. Destination will be determined on the day of the ride.
Wed., Aug 18	8:30 AM	40+ miles 10-12 mph	Depot Elmhurst	Joanne DeZur 630-833-7688 H	Ride Part of Original Metro Route How about doing original 31 mile Metro plus see the new bridge in Roselle? Stop at McDonald's.
Wed., Aug 18	6:30 PM	18-25 miles 12-14 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Ride Lights are recommended.
Wed., Aug 18	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thu., Aug 19	TBD	50 miles 11-14 mph	Anywhere on Loop	Freda Brown 847-891-6010 H	Bond/Ringier Tour Training Rides Tues. and Thurs. in August. See August 3 for details.
Fri., Aug 20	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., Aug 20	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 res- taurant. Lights will be needed for the short ride back to the start. Bring money for dinner.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Aug 21	7:30 AM	28 miles 10-13 mph	Depot Elmhurst	Mary Moroney 630-629-1812 H	Ride to Moondance for Breakfast Enjoy breakfast at Moondance restaurant in Westmont. Ride West Suburbs after breakfast.
Sat., Aug 21	7:30 AM	29-44 miles 12-14 mph	Plainfield High School Plainfield	Janet Koludrovic 630-964-5126 H	Joint Ride with JBC See August 7 for details.
Sat., Aug 21	9:00 AM	10 -60 miles	Mequon Wisconsin	Judy Mikesell 630-833-1036 630-290-2675 day of ride	Wisconsin Interurban Trail Meet at the Loggamon Community Center on Hwy 167 just west of Route 57. Mequon is north of Milwaukee. Take Route 43 to Highway 167. Approximately an hour and a half drive. This is a 30 mile paved path from Mequon north to Belgium. Towns 6 to 8 miles apart. Ride part or all of it at your own pace. Bring snacks and \$ for lunch.
Sat., Aug 21	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine ride leader, distance and pace.
Sun., Aug 22	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., Aug 22	8:30 AM	33-38 miles 18-20+ 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., Aug 22	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., Aug 23	6:00 PM	25 Miles 13-15 mph	Ardmore Ave at Prairie Path Villa Park	Larry Gitchell 708-409-0105 H 847-288-7000 W	See Monday August 9 listing for description.
Tues., Aug 24	TBD	50 miles 11-14 mph	Anywhere on Loop	Freda Brown 847-891-6010 H	Bond/Ringier Tour Training Rides Tues. and Thurs. in August. See August 3 for details.
Tues., Aug 24	9:00 AM	15-20 miles 8-11 mph	Depot Villa Park	Walter Chlipala 630-832-9390 H	New Adventure Ride. Destination will be determined on the day of the ride.
Wed., Aug 25	9:00 AM	50 miles 12-14 mph	Yankee Woods FP	Leo Engstrom 708-598-6930 H	Ride to Manhattan A road ride to Manhattan and the Kirby Bakery for lunch. Drive south to 159th St turn left to Central Ave. Turn right on Central and go 3/4 mile to parking lot on right side of the road.
Wed., Aug 25	6:30 PM	18-25 Miles 12-14 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Ride Lights are recommended.
Wed., Aug 25	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Wednesday Night Fast Pace Ride Ride on roads.
Thur., Aug 26	TBD	50 miles 11-14 mph	Anywhere on Loop	Freda Brown 847-891-6010 H	Bond/Ringier Tour Training Rides Tues. and Thurs. in August. See August 3 for details.
Thur., Aug 26	9:00 AM	20 miles 9-11 mph	Depot Villa Park	Cindy Reedy 630-530-1250 H	To Cricket Creek Website Ride: Using and verifying a cue sheet on the EBC website. For more details, refer to the cue sheet.
Fri., Aug 27 Sat., Aug 28 Sun., Aug 29	10:00 AM	48 miles One Way TBD mph	Casino Parking Lot Elgin	The Diebolds 847-891-6010 H	Lake Geneva Weekend Bicycle 48 miles to Bigfoot Beach in Lake Geneva to camp. Sat. 28th - Do whatever you have a mind to do. Cruise the shops, hike or bike around the lake, take a boat ride around the lake. Ride back to Elgin Sunday the 29th. Many, many options on this camp-out. Come up Saturday and go back Sunday. Get a B&B, motel, have someone carry your gear up, or drive up and socialize with us in Lake Geneva. All those arrangements have to be made by you. Meet in the parking lot across the street and north of the casino. Go to far north section past the construction.
Fri., Aug 27	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., Aug 27	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., Aug 28 Sun., Aug 29	TBD AM	140-150 miles TBD mph	Lew's House Elmhurst	Lew Worthem 630-835-7270	Lake Geneva One Night Camping We will ride all the way from Elmhurst to join up with Freda's group for self-contained camping at Big Foot Beach State Park. Or, join in any place along the route. Contact Lew@worthem.com for details and to sign up. Click here for maplink to Lew's house.
Sat., Aug 28	7:30 AM	29-44 miles 12-14 mph	Plainfield High School Plainfield	Janet Koludrovic 630-964-5126 H	Joint Ride with JBC See August 7 for details.
Sat., Aug 28	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine ride leader, distance and pace.
Sun., Aug 29	7:30 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Slower Polkow Ride The ride will be over no later than 11 a.m.
Sun., Aug 29	8:30 AM	33-38 miles 18-20+ 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., Aug 29	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., Aug 30	6:00 PM	25 Miles 13-15 mph	Ardmore Ave at Prairie Path Villa Park	Larry Gitchell 708-409-0105 H 847-288-7000 W	See Monday August 9 listing for description.
Tues., Aug 31	TBD	50 miles 11-14 mph	Anywhere on Loop	Freda Brown 847-891-6010 H	Bond/Ringier Tour Training Rides Tues. and Thurs. in August. See August 3 for details.

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.
McCullum Park Downers Grove, IL	McCullum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
Spring Rock Park Western Springs, IL	Spring Rock Park is located at 47 th Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
Villa Park Depot, Villa Park, IL	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
Volunteer Park Wheaton, IL	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
Waterfall Glen Forest Preserve Darien, IL	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.
Panera Bread Elmhurst, IL	Panera Bread is located on the west side of York Road, just south of North Avenue (Route 64), in the same building with CVS Pharmacy.
Parking Lot at Maple and Park Lombard, IL	The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.

MEMBERSHIP APPLICATION

Individual(\$20) Family(\$25) New Renewal

[Indicate with ** next to any information you **do not want** to appear in the club directory]

EBC's membership year runs from January 1 to December 31.

Name _____
(If family membership, list names of all members)

Address _____
(Street) (City) (State) (Zip)

Phone—Home _____ Work _____ E-Mail _____
Delivery of your newsletter by email will be assumed unless Editor is notified otherwise.

The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate In club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and administrators, release, waive and forever discharge Elmhurst Bicycle Club, its officers and members from any and all claims, demands, actions or liabilities on account of any injury to me which may occur from any cause whatsoever, including negligence or other fault on the part of anyone released hereunder, during my participation In or transportation to or from said rides and/or events. I ACKNOWLEDGE I AM AWARE OF THE RISKS AND HAZARDS INHERENT UPON ENGAGING IN SAID CLUB ACTIVITIES, AND I DO SO ENTIRELY UPON MY OWN INITIATIVE, RISK AND RESPONSIBILITY. I FURTHER UNDERSTAND THE CLUB DEPENDS ON ITS MEMBERS TO PROVIDE AND LEAD CLUB ACTIVITIES AND THAT THOSE MEMBERS RELY ON THE PROTECTION AFFORDED HEREUNDER. I hereby further agree to operate my bicycle in a manner that is safe to me and those around me, to observe all applicable safety regulations and to conduct myself In a manner that will be complimentary to the sport of bicycling. It Is my intent that this release and waiver apply at all times, notwithstanding that my membership in the Elmhurst Bicycle Club may have expired, elapsed, been renewed or reinstated after a period of non-membership. I FURTHER ACKNOWLEDGE THAT I HAVE READ THE FOREGOING RELEASE AND WAIVER AND UNDERSTAND IT, INCLUDING THAT IT IS INTENDED TO COVER OCCURRENCES WHICH MAY NOT YET HAVE OCCURRED AND WHICH ARE UNKNOWN TO ME, AND NOTWITHSTANDING THE FOREGOING, I SIGN IT VOLUNTARILY WITH THE FULL INTENT THAT IT BE FOREVER ENFORCEABLE.

Date _____ Signature _____

Signatures of adult family members for family Membership _____

Mail to: Elmhurst Bicycle Club
P.O. Box 902
Elmhurst, IL 60126

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



www.elmhurstbicycling.org

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

Safety and Health - August 2004

STRENGTH TRAINING: Find out why it is as important to cyclists as good nutrition.

OSTEOPOROSIS: Lurking inside your strong cyclist's body could be a frail skeleton. Because you lose calcium through sweat and because cycling is a no-impact, non-weight-bearing sport, your bones could be losing calcium. Here's how to find out if your bones are dangerously thin—and how to make them as strong and vibrant as your quads.

Link to these items and much more at:

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

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: 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)

For sale: New Shimano R540 road wheelset. 16 spoke, not for Clydesdales. \$299 on internet, yours for \$175. See <http://tinyurl.com/yurs9> Call Lew Worthem 630-835-7270, email Lew@worthem.com (8/04)

For Sale: I have both a new and slightly used saddles that I will sell. They are all black. The New = \$25, The Used \$10 or best offer. Anyone interested can call me at 630-776-0151 or orionradio@hotmail.com (Martin Kotecki) (8/04)