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Ganskesh@hotmail.com

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630 832-9390

chlipsbike128@netzero.net

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630 493-1514

rideabike@fastmail.fm

Standing committees are people who volunteer their time and efforts. They are the people who make the many activities of EBC possible. They call upon you to get things done. **Say Yes!**

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Cue Sheet

September 2004

Over 25 years and still Riding!

A club serving the western suburbs, Northern Illinois, and beyond.
We ride anywhere, any time of day or night, year round. Come join the fun!

METRO METRIC XXIV

In the past couple of years I have used every method I can think of to THANK YOU for all the time and effort you put into making our invitational one of, if not the best, ride around.

Despite the "gravel issue" we received tons of compliments from riders. We really lucked out with the weather even though we deserved it and we were praised for our organization and support. Here are a few key comments:

"Support people were helpful and sag truck was a great help when I was lost" (only 3 that I know of)

"Best rest stops I've seen in a long, long time" (I totally agree)

"Well done !! I'm from Southern Calif. and this is one of the best rides I have been on" (long way to travel for our Metro, must be worth it)

"In general I enjoyed the event since it was almost in my backyard (to say). The volunteers were all very knowledgeable, cheerful and willing to help out. Also, they were always visible. The food was outstanding, especially the corn which was a delight after riding 102+ miles. Another aspect which went quite smooth was check-in. I know all the cyclists are wanting to get out there quickly and check-in is a nuisance. You had plenty of help and the layout facilitated quick processing." (about time registration got some kudos)

They continue this way and of course there were a few problems which we expected especially on a new route.

THANKS AGAIN: **David, Joanne, John, Lou, Sandy, Harriet, Maureen, Nonni, Ksenia, John, Helen, Henry, Petra, Freda, Ellen, Jeff, Charlie, Judy, Bill, Cheri, Vanessa's Friend, Vanessa, John, Cindy, Mary, Rose, Jeanne, Al, Mary, Vickie, Mary Sue, Vicky, Kacy, Bob, George, Cindy, Dave, Paul, Fran, Jim, Leo, Bob, Sharon, Jay, Mary Ann, Dick, Betty, Jerry, Al, Chuck, Shirley, Mary Lou, Walter, Carol, Ken, Dana, Nancy, Jerry, Mike, Marty, Judy, Kay, Ray, Dick, Gerry, Bill, Frank, Roland, Ted, Lew, Susan, Phil, Peter, Hank, Earl, Eric, Connie, John, Marge, Mary Jo, Carl, Janet, Larry, Vicki, Mike, and all our Cookie Bakers.**

SOOOOOOOOOO now take a deep breath and relax. Then take another even deeper breath and puff out your chest, smile and take pride in the great job you all did to make our invitational a success. It makes me proud just to have all of you make me look good. —**Joanne DeZur** (soon to be the chairman for our 25th Annual Metro Metric Invitational)

P.S. We had a total of 567 riders with a profit of approximately \$6,000.00. Decisions will be made later as to donations. Also the winner of the "free bicycle tune up" was Jim Bararan who was quite excited since his bike needs it.

New Cogs on the Cluster
Joining the EBC this month:

FRANK ARISTODEMO
ROSELLE

BRENNA FLAUGHER
BATAVIA
brenna@fnal.gov

JOHN GREGOR & CATHY HATCHER GREGOR
ELMHURST
john.gregor@att.net

SUSAN HAYSE
DOWNERS GROVE

HELEN HOCHSTETTER
NAPERVILLE
helen731@earthlink.net

KENTON JOHNSON
CHICAGO
ccc@mac.com

STEVE JOSEPHS
HINSDALE

KARIM MOULINE
SCHAUMBURG
kmouline@belarbi.org

PAUL PARTIANUN
GLEN ELLYN
moohun@yahoo.com

MIKE SCHNELL
RIVER FOREST

DON & GALE WIEDMAN
GLEN ELLYN
d.weidman@worldnet.att.net

We're growing every month!

Type	Memberships	Members
Family	57	136
Individual	<u>177</u>	<u>177</u>
Total	234	313

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

September Meeting is
Thursday, September 9th, 7:00 PM
Community Bank of Elmhurst

—Program—

Jack Zimmerman—1000 Mile Summer

Collating Party

Friday, September 24th 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 October 2004 Ride Schedule is Saturday September 11th. 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 October 2004 Cue Sheet is Monday, September 13th.

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

Please add this to the bike shop listing
In your 2004 EBC Handbook & Directory:

Prairie Path Cycles,
27W237 Geneva Road, Winfield II 60190
(Intersection of County Farm & Geneva)
630-690-9532
Mary Lee Manager

September 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
Wed., Sep 1	8:30 AM	50 miles 12-14 mph	Linne Woods FP Morton Grove	Jerry Radek 847-673-8159	Long Grove Ride to Long Grove to check out the quaint shops and eat lunch at one of the restaurants. 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 McDonalds. Joint ride with Evanston Club.
Wed., Sep 1	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.
Thu., Sep 2	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Thursday Night Fast Pace Ride Ride on roads. Lights are needed.
Thu., Sep 2	10:00 AM	50 miles 15-17 mph	Peck & Camp- ton Hills St. Charles	Karen/Bill Schwartz 630-963-6250	Hill Ride Out West Hilly ride to Sycamore and back. Ride to Sycamore with a lunch stop 1/2 way from St Charles. Meet in the parking lot off of the soccer field.
Fri., Sep 3	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., Sep 3	6:00 PM	25+ miles 12-14 mph	Parking lot at Maple St. & Park Ave. Lombard	Jeanne Whiting 630-669-8863	Indian Buffet Head out to the Ashoka restaurant in Glendale Heights for the Friday night vegetarian buffet featuring dishes of northern India. \$7.95 per person. If Indian cuisine isn't your thing, there are some other fast food restaurants, including Shooters Buffet, nearby. Please bring lights, locks, and money. We will be riding on roads and trails. Some roads may be busy.
Sat., Sep 4	6:30 AM	100 miles 10-13 mph	Depot Villa Park	Judy Mikesell 630-833-1036 630-290-2675 day of ride	Century Path Ride Ride will be on mostly paved trails and roads. We will be stopping often including a stop for lunch. This is the ideal ride for first time century riders. Bring plenty of snacks and \$ for lunch.
Sat., Sep 4	8:00 AM	28-47 miles 12-14 mph	Plainfield High School Plainfield	Janet Koludrovic 630-964-5126 H	Joint Ride with JBC Please join me Saturdays at 7:30am at Plainfield High school for a joint ride with the Joliet Club. Take Int 55 West/South (towards St Louis) to Rt 126. Take 126 (you can only go one way) into town. Take a sharp left at Rt 59. You'll soon see a strip mall on your right, and the light is at Ft Beggs Rd. Take a right, and the school is 1/8 mile on the right.

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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Sep 4	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. Riders that show will decide leader, distance and pace.
Sun., Sep 5	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. Bring lights for the 1st loop.
Sun., Sep 5	8:30 AM	28-33 miles see desc.	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Medium Paced Morning Ride Join Ray for September's Medium Pace Ride. Pace: 15 MPH - 17 MPH continuous, 20-21 MPH where we can. One 5-10 minute rest stop, back by 11 AM. Light-weight road bike strongly recommended as we will have a few sprint sections.
Sun., Sep 5	12 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Weekly Show and Go. Riders that show will decide leader, distance and pace.
Mon., Sep 6	9:00 AM	45-50 miles 12-14 mph	Depot Villa Park	Lew Worthem 630-835-7270	A Day Off on the Prairie Path VP-Wheaton-Batavia-Geneva-Wheaton-VP. Stop at Batavia Subway to pick up sandwiches and eat along Fox River.
Tues., Sep 7	9:00 AM	15-20 miles 8-10 mph	Depot Elmhurst	Chuck Ziemer 630-323-8083 H	New Adventure Ride Circle Elmhurst Tour on paved city streets.
Tues., Sep 7	10:00 AM	30 miles 15-17 mph	IMAX Theater Woodridge	Karen/Bill Schwartz 630-963-6250	Rides to South Naperville Meet in the 7 Bridges shopping mall off of Route 53 in Woodridge.
Wed., Sep 8 to Thu., Sep 16	TBD AM	517 miles TBD mph	Betty & Jerry's Lombard	Jerry Ringier 630-932-0271 H	Ride to Minong, WI Self-contained ride to Northern Wisconsin.
Wed., Sep 8	9:00 AM	40 miles 10-12 mph	Herrick Lake FP Wheaton	Sharon Ganske 630-462-3734 H	Ride Far West Suburbs Destination will be determined on the day of the ride. Meet in the parking lot off of Butterfield Rd.
Wed., Sep 8	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.
Thu., Sep 9	10:00 AM	50 miles 15-17 mph	Peck & Camp-ton Hills St. Charles	Karen/Bill Schwartz 630-963-6250	Hill Ride Out West Hilly ride to Sycamore and back. Ride to Sycamore with a lunch stop 1/2 way from St Charles. Meet in the parking lot off of the soccer field.
Thu., Sep 9	6:00 PM	Board Meeting	Community Bank	Roland Porter 630-655-1890	Board meeting
Thu., Sep 9	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Thursday Night Fast Pace Ride Ride on roads. Lights are needed.
Thu., Sep 9	7:00 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., Sep 10	6:00 PM	20-25 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., Sep 11	9:00 AM	38 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Choo-Choo Café Ride Take a trip around O'Hare airport and have lunch at the Choo-Choo Café in downtown DesPlaines. All pavement route, but will include some rough sections and busy roads. Bring money and a lock.
Sat., Sep 11	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. Riders that show will decide leader, distance and pace.
Sun., Sep 12	8:00 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., Sep 12	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., Sep 12	12 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Weekly Show and Go. Riders that show will decide leader, distance and pace.
Sun., Sep 12	1:00 PM	15-20 miles 8-10 mph	Depot Elmhurst	Chuck Ziemer 630-323-8083 H	New Adventure Ride Circle Elmhurst Tour on paved city streets.

Date	Time	Distance	Start	Ride Leader	Ride Description
Mon., Sep 13	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	Monday Night Ride Start from the gazebo just west of Ardmore Ave. on the Prairie Path. 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. Lights recommended.
Tues., Sep 14	9:00 AM	15-20 miles 8-10 mph	Depot Villa Park	Judy Mikesell 630-833-1036 H	New Adventure Ride. Explore new areas of Oakbrook. Bring snacks.
Tues., Sep 14	10:00 AM	30 miles 15-17 mph	IMAX Theater Woodridge	Karen/Bill Schwartz 630-963-6250	Rides to South Naperville Meet in the 7 Bridges shopping mall off of Route 53 in Woodridge.
Wed., Sep 15	9:00 AM	35-40 miles 10-12 mph	Depot Villa Park	Walter Chlipala 630-833-7688 H	To Busse Woods Ride NW to Busse Woods FP. Road ride, bring snacks.
Wed., Sep 15	6:30 PM	18-25 miles 12-14 mph	Parking lot at Ma- ple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Ride Lights are recommended.
Thu., Sep 16	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Thursday Night Fast Pace Ride Ride on roads. Lights are needed.
Fri., Sep 17	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., Sep 18	8:00 AM	28-47 miles 12-14 mph	Plainfield High School Plainfield	Janet Koludrovic 630-964-5126 H	Joint Ride with JBC See September 4 for details.
Sat., Sep 18	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. Riders that show will decide leader, distance and pace.
Sat., Sep 18	12:00 PM	35 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Eli's Cheesecake Festival Ride to Eli's Cheesecake World for fun, games and cheese- cake. All pavement ride. Bring money and lock.
Sun., Sep 19	8:00 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 then 11 a.m.
Sun., Sep 19	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., Sep 19	12 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Weekly Show and Go. Riders that show will decide leader, distance and pace.
Mon., Sep 20	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 September 13 listing for description.
Tues., Sep 21	9:00 AM	20 miles 8-10 mph	Lake Katherine Nature Center Palos Hills	Chuck Ziemer 630-323-8083 H	New Adventure Ride Ride the paved trails of SW Cook County to Yankee Woods. Bring snacks. Take Rt 83 South, taking the turn to the East after the Des Plaines River. Lake Katherine parking lot entrance is 1/2 mile east of Rt 7 and one block east of 76th Ave. on the South side of Rt 83. Turn in on the south side of the road and drive in to the parking lot.
Tues., Sep 21	10:00 AM	30 miles 15-17 mph	IMAX Theater Woodridge	Karen/Bill Schwartz 630-963-6250	Rides to South Naperville Meet in 7 Bridges shopping mall off of Route 53 in Woodridge.
Wed., Sep 22	8:00 AM	65 miles 13-15 mph	Jewel Foods Batavia	Lou Fish 630-668-3446 H	Ride to Sandwich for a sandwich Stop in Sandwich at "Kelly's Pub & American Grill" old train cars for lunch. Meet in parking lot, corner of Randall Rd. & Main St. Batavia.
Wed., Sep 22	6:30 PM	18-25 Miles 12-14 mph	Parking lot at Ma- ple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Ride Lights are recommended.
Thu., Sep 23	10:00 AM	50 miles 15-17 mph	Peck & Camp- ton Hills St. Charles	Karen/Bill Schwartz 630-963-6250	Hill Ride Out West Hilly ride to Sycamore and back. Ride to Sycamore with a lunch stop 1/2 way from St Charles. Meet in the parking lot off of the soccer field.
Thu., Sep 23	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Thursday Night Fast Pace Ride Ride on roads. Lights are needed.
Fri., Sep 24	6:00 PM	20-25 miles 12-14 mph	Depot Villa Park	Marty Kotecki 630-776-0151	Dinner ride to Carol Stream Dinner ride to Augstino's Rock-and-Roll Delli in Carol Stream. We use the IPP roads and return on the GWT. Lights are required. For more info call Marty.

Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., Sep 24	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., Sep 25	8:00 AM	28-47 miles 12-14 mph	Plainfield High School Plainfield	Janet Koludrovic 630-964-5126 H	Joint Ride with JBC See September 4 for details.
Sat., Sep 25	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sat., Sep 25	9:30 AM	35 miles 13-15 mph	Depot Elmhurst	Lew Worthem 630-835-7270	Music Machines Our friends Margaret and Richard are eager to have the EBC come to Park Ridge again to see and hear their wonderful collection of antique music boxes. They have plenty of rolls for the amazing Duo-Art reproducing piano that we haven't heard yet. City/suburban streets. BYO snacks.
Sat., Sep 25	9:30 AM	30 miles 10-12 mph	Depot Villa Park	Judy Mikesell 630-833-1036 630-290-2675 day of ride	Path Ride Path ride to Herrick Lake and Danada. We will explore the new Danada trail that end at Oberweis bring \$, snacks or picnic.
Sun., Sep 26	8:00 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Sunday SloPoko Breakfast Ride We'll ride to a local restaurant for eggs and pancakes to celebrate a Summer of Great Rides.
Sun., Sep 26	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., Sep 26	12 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Weekly Show and Go. Riders that show will decide leader, distance and pace.
Sun., Sep 26	1:00 PM	20 miles 8-10 mph	Lake Catherine Nature Center Palos Hills	Chuck Zierner 630-323-8083 H	New Adventure Ride Ride the paved trails of SW Cook County to Yankee Woods. Bring snacks. Take Rt 83 South, taking the turn to the East after the Des Plaines River. Lake Katherine parking lot entrance is 1/2 mile east of Rt 7 and one block east of 76th Ave. on the South side of Rt 83. Turn in on the south side of the road and drive in to the parking lot.
Mon., Sep 27 Thu., Sep 30	9:00 AM	TBD miles TBD mph	Lanesboro, Minnesota	Earl Weber 630-653-7089 H	Trail Rides in Minnesota Join Earl for up to 4 days of paved trail riding in SE MN on the Root River and Harmony-Preston Valley State Trails. There are routes of varying miles (22 to 60) and degrees of terrain from flat to fairly hilly. Earl will be driving up Sunday and staying in Lanesboro, MN. It is approximately 320 from Wheaton to Lanesboro. There are motels, camping and B&B's in Lanesboro or surrounding towns. There are restaurants for meals, or bring your own stove like the leader does. Call Earl at home for more details and to get his cell phone number for day of the ride coordination.
Mon., Sep 27	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 September 13 listing for description.
Tues., Sep 28	9:00 AM	15-20 miles 8-10 mph	Spring Rock Park Western Springs	Al Stanke 630-773-2693 H	New Adventure Ride. Destination will be determined on the day of the ride.
Tues., Sep 28	10:00 AM	30 miles 15-17 mph	IMAX Theater Woodridge	Karen/Bill Schwartz 630-963-6250	Rides to South Naperville Meet in the 7 Bridges shopping mall off of Route 53 in Woodridge.
Wed., Sep 29	9:00 AM	35-40 miles 11-13 mph	Waterfall Glen Darien	Mary Jo Bolan 630-887-9652 H	To Brookfield Ride to a Brookfield restaurant with outdoor seating for lunch, snacks, or bring your own.
Wed., Sep 29	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.
Thu., Sep 30	10:00 AM	50 miles 15-17 mph	Peck & Camp-ton Hills St. Charles	Karen/Bill Schwartz 630-963-6250	Hill Ride Out West Hilly ride to Sycamore and back. Ride to Sycamore with a lunch stop 1/2 way from St Charles. Meet in the parking lot off of the soccer field.
Thu., Sep 30	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Marty Kotecki 630-620-6434	Thursday Night Fast Pace Ride Ride on roads. Lights are needed.

Directions to ride starting locations

Starting Point	Directions
Community Bank of Elmhurst Elmhurst, IL	330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.
Depot Elmhurst, IL	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.
Gazebo Glen Ellyn, IL	On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
McCollum Park Downers Grove, IL	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
Spring Rock Park Western Springs, IL	Spring Rock Park is located at 47 th Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
Villa Park Depot, Villa Park, IL	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
Volunteer Park Wheaton, IL	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
Waterfall Glen Forest Preserve Darien, IL	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.
Panera Bread Elmhurst, IL	Panera Bread is located on the west side of York Road, just south of North Avenue (Route 64), in the same building with CVS Pharmacy.
Parking Lot at Maple and Park Lombard, IL	The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.

MEMBERSHIP APPLICATION

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

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

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

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

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

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

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

Date _____ Signature _____

Signatures of adult family members for family Membership _____

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

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

SEPTEMBER



www.elmhurstbicycling.org

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

Safety - September 2004

LEADING CLUB RIDES:

How to plan a route, where to advertise it and how to get the best out of yourself in completing your first ride as leader.

Link to these items and much more at:

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

Dates	Event	For additional information	
Sept 8 to 16, 2004	Wisconsin Self-Contained Ride	Jerry Ringier	630 932 0271
Oct. 24, 2004	Halloween Rides and Party	Marge Ricke	630 616 8481
Jan. 30-Feb 4, 2005	UP Ski Trip	Ed Curtin	847 981 1677

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: 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)