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708-409-0105

LarsofMars@aol.com

Metro Metric

Joanne Dezur

630-833-7688

Cyclejoey@aol.com

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

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mystromboli@mac.com

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Not slowing down a bit!

Here it is October (already!), and we still have a full ride schedule: 54 rides and a weekend hike—and that's counting the Halloween rides and the Triple Loop Century as one each... Ride On (At the speed of fun!)—Larry



Cue Sheet

October 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!

RIDE LEADER RESPONSIBILITIES

1. Establish your start, destination and route. Ride the route previous to the day of the scheduled ride.
2. Carry a map (an alternate route may be needed) and a first aid kit.
3. Discourage riders with unsound bikes from joining the ride.
4. All members and guests must sign in on an official ride sheet that includes the Club release and liability waiver. Ride sheets are available at meetings and on the website. (www.elmhurstbicycling.org)
5. Adhere to the advertised speed of the ride.
6. Know how many riders you have. Make certain that no one is lost. Choose the best method from among the following and announce it:
 - a. Designate a sweep rider, or switch off the sweep position.
 - b. Each rider makes certain that the rider behind them does not lose sight of the group, or is aware of the regroup point.
 - c. If the size of the group warrants, split up into smaller groups, appoint section leaders and provide them with the route beforehand.
7. Make an announcement at the beginning of the ride describing the ride, including the distance, time, general route, difficulties, dangers, rest/regroup points, and any other pertinent information.
8. Complete the ride sheet and send it to the Club within a reasonable period (30 days) after the ride.

Need More Information?

The club constitution and by-laws, information on rider and ride leader responsibilities, ride schedules, awards program, member mileage, and much, much, more is available online at:

www.elmhurstbicycling.org

If you're not near a computer and need ride information, try the club Hotline at: 630-415-BIKE (630-415-2453)

New Cogs on the Cluster
Joining the EBC this month:

JOHN, ANN & KATHLEEN LEGUTKI
ELMHURST

JOHN & RITA MEIER
LISLE

NANCY SHACK
DOWNERS GROVE
nshack@comcast.net

We're growing every month!

Type	Memberships	Members
Family	59	141
Individual	<u>178</u>	<u>178</u>
Total	237	319

By the Numbers:

Total club miles ridden as of 9/21/04:
109,112

Total club miles ridden in 2003:
118,451

Total club miles ridden in 2002:
108,064

Riders over 3000 miles as of 9/21/04:
5

Riders between 2000 and 3000 miles:
10

Riders between 1000 and 2000 miles:
26

Riders between 500 and 1000 miles:
22

Riders close to 500 miles, and moving up fast:
19

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

October Meeting is
Thursday, October 14th, 7:00 PM

Community Bank of Elmhurst
330 W. Butterfield Road, Elmhurst
(at the corner of Spring Road & Butterfield Rd.)

Collating Party

Friday, October 29th 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 November 2004 Ride Schedule is Saturday October 16th. 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 November 2004 Cue Sheet is Monday, October 18th.

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

Going into hibernation?



The Monday Night Ride moves back to Elmhurst for October. We'll wrap up our season on October 25th, and take a break until Daylight Saving Time comes back next April.

But until then, we'll have some great rides, so come out and join us! Mountain or Hybrid Bike recommended, lights required.—

Larry Gitchell

Starved Rock & Matthiessen Hike Saturday October 23—Sunday October 24

Saturday afternoon we will explore the majestic bluffs and canyons of Starved Rock State Park. After an enjoyable hike we will regroup at La Quinta Inn Peru for swimming, whirlpooling, and a cocktail party before dinner (B.Y.O.B. & a snack to share) There are many delectable dinner choices nearby!

Enjoy the free continental breakfast Sunday morning and meet at Matthiessen State Park, at the Dells Area, at 10:30 A.M., for our second hiking adventure.

Call La Quinta Inn Peru at 815-224-9000. Rooms are booked under the name **Susan Solberg**, with an A.A.R.P. rate of \$66.60. **Susan Solberg: 630-993-9291** or **bikesks@aol.com** **Susan Kilgore: 630-515-1865**

Halloween Party

Sunday October 24, 2004



Halloween is just around the corner. Time to start working on costumes for you and your bike. Costumes are optional, but what a wonderful parade of scary spooks we are (Make sure your costumes are BIKER FRIENDLY). There will be three rides—a short one for the little ghosts and goblins, which will start at 12:00 noon and two for the larger spooks, which will start at 10:30 AM.

The ghoulish event will be at **Marge Ricke's** spook house, 16W701 Red Oak in Bensenville. There will be "Tricks & Treats" following the ride. I will need volunteers to bring treats. I will have a sign-up sheet for side dishes, desserts, and beverages. Please see me at the October meeting or call **630-616-8481(H)** or **630-543-8607(W)** if you will be bringing something.

UP2005 Ski Trip



The dates for the UP2005 Ski Trip are January 30 to February 3, 2005. The Indianhead Motel in Ironwood, MI will again be our home base, and a block of rooms have been set aside.

The price for a double occupancy is \$185.00 and for a single \$230.00. The price includes lodging for 5 nights, continental breakfast, \$10.00 credit towards dinner each evening, and trail passes.

If you are interested and want to experience some of the best XC skiing in the Midwest, call the Indianhead Motel, 1-906-932-2031, and make your reservation. After making your reservation, call **Ed Curtin (847 981-1677)** and let him know your details. **Ed** will be Information Central.

Downhill skiing is also available. When you call the motel, ask for the price of the downhill packages. Last year we had over thirty members on the trip. Make your reservations early. Submitted by **Ed Curtin**

Where in the World is the Elmhurst Bicycle Club?



Lombard, Illinois—The EBC touring group preparing to depart for Minong, Wisconsin. Photo courtesy of Bill and Karen Schwartz.



Minong, Wisconsin—Celebrating their successful arrival at Betty Bond and Jerry Ringier's cottage in the north woods. Photo courtesy of Bill and Karen Schwartz.



Chicago, Illinois—Enjoying Eli's Cheesecake Festival. Photo courtesy of Paul Punchum

October 2004

ELMHURST BICYCLE CLUB CALENDAR

APPROVED SNELL or ANSI HELMET IS RECOMMENDED ON ALL RIDES.
 USE OF HEADPHONES IS PROHIBITED BY THE ILLINOIS VEHICLE CODE,
 AND THEREFORE IS NOT ALLOWED ON ELMHURST BICYCLE CLUB RIDES.
 CALL THE EBC RIDE HOTLINE 630-415-BIKE FOR UPDATES.

Disclaimer

Elmhurst Bicycle Club Release and Liability Waiver

For liability protection and insurance purposes, it is the policy of the Elmhurst Bicycle Club ("EBC") to require all of its members to sign the Release and Liability Waiver which is a part of the EBC Membership Application. Guests of the EBC (which term includes all non-members of EBC) who wish to participate in any EBC bicycle ride **must** sign the equivalent release and liability waiver contained on the EBC Ride Sheet before the ride starts. Any guest refusing to sign the release and liability waiver may **not** participate in the ride. Should the ride continue, however, with the participation of the non-signing guest, the ride will no longer be considered to be an EBC sponsored or sanctioned ride.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Oct 2	8:00 AM	57 miles 12-14 mph	Plainfield High School Plainfield	Janet Koludrovic 630-964-5126 H	To Oswego and the Fox River and Virgil Gilman Trails If you just want to do the trail, meet us at the Oswego Park District, Grove and Plainfield Roads at 8:45 am. Your mileage will be about 30.
Sat., Oct 2	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Oct 3	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., Oct 3	8:30 AM	28-33 miles see description	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Medium Paced Morning Ride Join Ray for a 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., Oct 3	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., Oct 4	6:00 PM	25 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Monday Night Ride Route and destination TBD, 1 rest stop. Lights are needed.
Tue., Oct 5	9:00 AM	15-20 miles 8-11 mph	Depot Villa Park	Walter Chlipala 630-833-7688 H	New Adventure Ride Destination to be determined on the day of the ride.
Tues., Oct 5	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., Oct 6	8:30 AM	40 miles 12-14 mph	Lake Kathryn Nature Preserve	Gerry Fekete 708-352-0913	Tinley Creek Trails Ride the Tinley Creek Trails (paved and some roads). Bring snacks. Lake Katherine is located on Route 83 West of Harlem and 1 block East. of 76th Ave. Entrance is on the North side. Drive into the parking lot.
Wed., Oct 6	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple Street. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Pace Show n Go Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Oct 6	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders that show	Wednesday Night Fast Pace Show n Go The riders that show will determine the leader, distance and pace.
Thu., Oct 7	10:00 AM	50 miles 15-17 mph	Peck & Campton 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.
Sat., Oct 9	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show determine the ride leader, distance and pace.
Sun., Oct 10	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.

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
Sun., Oct 10	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., Oct 10	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., Oct 11	6:00 PM	25 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Monday Night Ride Route and destination TBD, 1 rest stop. Lights are needed.
Tues., Oct 12	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., Oct 13	9:00 AM	52 miles 11-14 mph	Townline Rd. Vernon Hills	Jerry Radek 847-673-8159	DesPlaines River Trail Ride Ride the unpaved curvy DesPlaines River Trail through scenic woods and wet lands. Bring lunch, snacks, and water. Road bikes OK. Go N. on I-94. Exit W. on Rt. 60 (Townline Rd.) to ¼ miles E. of Rt. 21 (Milwaukee Rd.) to parking lot marked as a canoe launch on the S. side of Rt.60, immediately W. of the Des Plaines River. Joint ride with Evanston Bike Club.
Wed., Oct 13	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Pace Show n Go Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Oct 13	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders that show	Wednesday Night Fast Pace Show n Go The riders that show will determine the leader, distance and pace. Lights are needed.
Thu., Oct 14	10:00 AM	50 miles 15-17 mph	Peck & Campton 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., Oct 14	6:00 PM	Board Meeting	Community Bank	Roland Porter 630-655-1890	Board meeting
Thu., Oct 14	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., Oct 14	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., Oct 15	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., Oct 16	9:00 AM	24 miles 10-12 mph	East Trail Head Aurora	Joanne DeZur 630-833-7688	Virgil Gilman Paved Trail Ride Ride the trail to Waubensee College and back again. Meet at the Aurora - Trail head on Hill Ave. a small lot the 2nd left south of Montgomery Rd. (across from trucking company) Eola south to Ogden west to Montgomery west to Hill south to lot. Bring snacks
Sat., Oct 16	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will determine the ride leader, distance and pace.
Sun., Oct 17	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., Oct 17	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., Oct 17	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., Oct 18	6:00 PM	25 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Monday Night Ride Route and destination TBD, 1 rest stop. Lights are needed.
Tues., Oct 19	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., Oct 20	9:00 AM	28 miles 11-13 mph	Spring Rock Park Western Springs	Mary Jo Bolan 630-887-9652 H	Go for Donuts Ride to Krispy Kreme for a donut.
Wed., Oct 20	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Pace Show n Go Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Oct 20	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders that show	Wednesday Night Fast Pace Show n Go The riders that show will determine the leader, distance and pace. Lights are needed.



More Pictures?

Peter Turula's Wisconsin tour pictures are at:
<http://www.turula.com/bike/2004/index.html>

Date	Time	Distance	Start	Ride Leader	Ride Description
Thu., Oct 21	10:00 AM	50 miles 15-17 mph	Peck & Campton 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.
Sat., Oct 23	9:00 AM	50-55 miles 13-15 mph	Depot Elmhurst	Larry Gitchell	Trails to the Rails Visit the Fox River Trolley Museum in South Elgin and ride the Pumpkin Trolley. Combined road and trail route, some hills. Trolley ride tickets are \$3.50 round trip. Pumpkins \$1.00 We will stop for lunch in South Elgin or St. Charles. Bring money and a lock.
Sat., Oct 23	9:00 AM	52 miles 11-14 mph	Townline Rd. Vernon Hills	Jerry Radek 847-673-8159	DesPlaines River Trail Ride Ride the unpaved curvy DesPlaines River Trail through scenic woods and wet lands. Bring lunch, snacks, and water. Road bikes OK. Go North on I94. Exit West on Route 60 (Townline Rd.) to ¼ miles East of Route 21 (Milwaukee Road.) to parking lot marked as a canoe launch on the South side of Route 60, immediately West of the Des Plaines River. Joint ride with Evanston Bike Club.
Sat., Oct 23	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will decide the ride leader, distance and pace.
Sat., Oct 23 Sun., Oct 24	11:30 AM 10:30 AM	Hike	Starved Rock Matthiessen	Susan Solberg 630-993-9291 (R.S.V. P.) Susan Kilgore 630-515-1865	Two Susan's and "The Rock" Experience spectacular fall colors, hiking along the nature trails, at two premiere State Parks (Starved Rock & Matthiessen)! Directions: Sat.- Take I-80 west to exit 81 (Utica). Go south on Rt. 178 & follow the signs for the Visitors Center parking lot. See article for lodging. Sun.- same as Sat., but continue south on Rt. 178, turn right into Matthiessen at the Dells Area.
Sun., Oct 24	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., Oct 24	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., Oct 24	10:30 AM Noon 1:00 to 3:00 PM	25 Miles 10-12 mph 35 miles 12-14 mph Family 8-10 mph Party	Marge's House Bensenville	Marge Ricke 630-616-8481 H 630-543-8607 W	Halloween Party Ride Come on out and enjoy some EBC Halloween Festivities. Costumes are optional. There'll be bike rides for adults and family. The party will follow the bike rides. For further details, see the article in this newsletter. R.S.V.P. to Marge, sign up to bring a dish and get directions.
Sun., Oct 24	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., Oct 25	6:00 PM	25 Miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 847-288-7000 W	Monday Night Ride Route and destination TBD, 1 rest stop. Lights are needed.
Tue., Oct 26	9:00 AM	15-20 miles 8-10 mph	Fullersburg FP Hinsdale	Mary Jo Bolan 630-887-9652 H	New Adventure Ride Local ride with coffee stop.
Tues., Oct 26	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., Oct 27	9:00 AM	35-40 miles 10-12 mph	Depot Villa Park	Cindy Reedy 630-530-1250 H	To Herrick Lake Ride on streets with some hills. Bring snacks. We will use/verify cue sheet on the EBC website, except we will NOT stop at Panera Bread.
Wed., Oct 27	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	Wednesday Night Intermediate Pace Show n Go Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Oct 27	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders that show	Wednesday Night Fast Pace Show n Go The riders that show will determine the leader, distance and pace. Lights are needed.
Thu., Oct 28	10:00 AM	50 miles 15-17 mph	Peck & Campton 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., Oct 29	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., Oct 30	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	Weekly Show and Go. The riders that show will decide the ride leader, distance and pace.
Sat., Oct 30	9:30 AM	38 Miles 12-15 mph	LeRoy Oaks FP St. Charles	Jim Pospiech 630-640-0575	Sycamore Pumpkin Festival Path and road to Sycamores 43rd annual Pumpkin Festival. Carnival, crafts, pig roast and more. www.sycamorechamber.com Bring money and a lock. Directions: Route 64 West through St. Charles, right on Randall Road, turn left at Dean first light, go west 1/4 mile.
Sun., Oct 31	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., Oct 31	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., Oct 31	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.

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 CHICAGO AND 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 - October 2004

GPS NAVIGATION for CYCLISTS

Learn the theory of GPS operation. Learn what kind of GPS unit best fits your needs and the features it should have. Explore ways to incorporate GPS information into the building of your next cue sheet.

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: 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)

For Sale: I am selling the recumbent bike I bought last year (can't get the hang of it) if anyone is interested. It is an Easy Rider EZ-1 SC Lite bike which I bought for \$650 and rode for under 100 miles. Included is a \$40 pack made specifically for this bike. Best offer takes it... **Diane Wilkinson 847-824-0055** (home) or 312-466-7868 (work). Come by (Des Plaines) and try it! (10/04)