

Board Members

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Porter411@comcast.net

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Ganskesh@hotmail.com

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Mjbolan@aol.com

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Larry Gitchell

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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Publicity

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630-543-4655

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Cue Sheet

November 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!

WWW.ELMHURSTBICYCLING.ORG

Have you been to the EBC website recently? If the answer is yes, then you've had plenty of company. In October we had an average of more than 175 visitors per day!

There are more than 25 information packed sections on the site. Some of the recent additions and improvements:

- Besides the current Ride Schedule and the Last Minute Additions, Sharon posts a list of Tentative/Future rides. Very helpful if you want to know when to schedule your next ride.
- The Ride Recaps were re-done again last month. Thanks to everyone who writes that great material.
- A form for scheduling a ride is now available in the Ride Leaders' section.
- Sharon Ganske and I work on the site on a regular basis. We always have a long "wish list" of things to work on. Some of the upcoming changes are:
 - There is a search function on the home page and we get reports on the topics that people are searching on. We have had several users searching for mileage logs, so we will be adding a page for that.
 - We will shorten the Photo Album page to show only the current year photos, with links to photos from previous years and to photos on our members' sites.
 - We want to increase the number of Cue Sheets available. We have 16 there now. Not bad, but we'd like a lot more.

Some other people that do a lot for the bike club's site:

- Mary Moroney does Member Miles, possibly our most popular page.
- Rich Kuhlman has started to revamp our Related Sites section.

EBC members have offered many helpful suggestions. Among other things we have done in response to this input:

- Put photos of the board members on the Contact Us page.
- Changed the Ride Leaders menu so that it doesn't drop off the right side of the page when it is opened.
- Changed the About Us page to include information about the Metro Metric and our broad geographic base.
- Put the meeting topic on the Meeting Info page.

You can help, too. Believe it or not, we like criticism! Tell us what you don't like, and what you'd like to see. This is our club's site. We are very proud of it, and we want you to feel that way, too.—Submitted by **Cindy Reedy** and **Sharon Ganske**

New Cogs on the Cluster
Joining the EBC this month:

CASSIE HART
LOMBARD

BEN MACK-CRANE
DOWNERS GROVE
bmackcrane@aol.com

We're growing every month!

Type	Memberships	Members
Family	59	141
Individual	<u>180</u>	<u>180</u>
Total	239	321

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

Got Miles?

At press time the total club mileage had surpassed 2003's record mile by over 8,000 miles.

To check your own club miles (and to see if you're eligible for a mileage award), visit the club website at www.elmhurstbicycling.org, click on "Member's Pages", and click on "Member Miles" to open the table of member mileage and the list of events that contributed to the total.

A quick reminder on the club awards program:

500 to 999 club miles—Certificate

Over 1000 club miles—T-shirt and Certificate.

T-shirts proudly display the EBC Bananaman logo and identify what mileage category has been achieved (1000 mile club, 2000 mile club, etc.).

New member with the most club miles: a gift certificate to a local bike shop.

Ride leader—Any club member who leads a total of 15 rides and/or hikes over a 3-year period is eligible to receive a Ride Leader jersey. See the club bylaws (available on the website or in the club directory) for details.

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

November Meeting is
Thursday, November 11th, 7:00 PM

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

Club Elections!

Collating Party

Friday, November 26th 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 December 2004 Ride Schedule is Saturday, November 13th. 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 December 2004 Cue Sheet is Monday, November 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

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: 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)

November 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
Tue., Nov 2	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. If the forecast high for the day is less than 40 degrees the ride is cancelled. Please call the ride leader at 708-334-6250 (cell) to check before leaving for the rides.
Wed., Nov 3	9:00 AM	30 Miles 11-13 MPH	Madison Meadow Lombard	Betty Bond 630-932-0271	Rides to 4 Lakes All street ride through Downers Grove, Woodridge, and Naperville. Lunch at Burger King or bring your own.
Wed., Nov 3	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., Nov 3	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., Nov 4	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. If the forecasted high for the day is less than 40 degrees the ride is cancelled. Please call the ride leader at 708-334-6250 (cell) to check before leaving for the rides.
Sat., Nov 6	9:00 AM	70-80 miles 16-18 mph	1131 Gateshead Drive Naperville	Debbie Henke 630-664-3152	Ride to Morris Lots of open roads with very few potty breaks. We will stop at my friend's house in Morris they will have snacks and drinks and when we get back to my house there will be hot chili and beer awaiting.
Sat., Nov 6	9:00 AM	10-40 miles 10-15 mph	6913 Young Court Woodridge	Roman Szczesniak 630-963-7796	Social Ride Ride on Woodridge paved bike paths and streets. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Nov 6	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.
Sun., Nov 7	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., Nov 7	8:30 AM	33-38 miles 18-20+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Faster Ride The ride will finish by 11 am. with one rest stop.
Sun., Nov 7	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., Nov 7	9:00 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Mary Moroney 630-936-3503 Walter Chlipala 630-832-9390	Slower Morning Ride Start when it's warmer and ride a little slower.
Sun., Nov 7	12:00 PM	42 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Big City, Small Trains Take a ride to the Garfield - Clarendon Model Railroad Open House. Road ride, may include short sidewalk sneaks or grass crossings. Bring a lock. The Model RR club is right down the street from Ann Sathers, so if we get there in time, ride leader may be persuaded to stop for a cinnamon roll...
Sun., Nov 7	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Nov 7	1:30 PM	Hike	Fullersburg FP Oak Brook	Martha Miles 630-858-5250	Afternoon Hike Hike in the woods. Meet in the parking lot off Spring Rd.
Tue., Nov 9	9:00 AM	18-20 miles 8-10 mph	Katherine Legge Park Hinsdale	Mary Jo Bolan 630-887-9652 H	Go for Coffee or Donuts Ride to a coffee shop in Brookfield.
Tues., Nov 9	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. If the forecasted high for the day is less than 40 degrees the ride is cancelled. Please call the ride leader at 708-334-6250 (cell) to check before leaving for the rides.
Wed., Nov 10	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., Nov 10	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., Nov 11	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. If the forecasted high for the day is less than 40 degrees the ride is cancelled. Please call the ride leader at 708-334-6250 (cell) to check before leaving for the rides.
Thu., Nov 11	6:00 PM	Board Meeting	Community Bank	Roland Porter 630-655-1890	Board meeting
Thu., Nov 11	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)
Sat., Nov 13	8:00 AM 9:00 AM	Breakfast 25 miles 12-14 mph	Kappy's Strip Mall Parking Lot Villa Park	Richard Diebold 847-891-6010	Annual Birthday Ride Richard and Freda share the same birthday. Eighteen years ago he asked her if she wanted to ride to the Zoo to celebrate their birthdays. They had breakfast first at Kappys in Villa Park. Friends and family have joined them every year since. Some go on to walk through the zoo some just go out and back. Route is trail and neighborhoods, moderate pace. Kappys is at northeast corner of Roosevelt and Ardmore. Ride starts 9 am from parking area in northwest corner.
Sat., Nov 13	9:00 AM	10-40 miles 10-15 mph	6913 Young Court Woodridge	Roman Szczesniak 630-963-7796	Social Ride Ride on Woodridge paved bike paths and streets. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Nov 13	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., Nov 13	9:30 AM	1.5 Hrs ~ 3 mile Hike	McKee Marsh Blackwell FP Warrenville	Susan Kilgore 630-515-1865	GOOSEFEATHERS Hike the Marsh & look for migrating birds. Optional "muffins & coffee" before the hike meets at 8:30 AM at PANARA in Danada near the northeast corner of Naperville & Butterfield Roads. Hikers meet at the McKee Marsh area parking lot off of Mack Road (just east of Route 59).
Sun., Nov 14	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., Nov 14	8:30 AM	33-38 miles 18-20+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Faster Ride The ride will finish by 11 am. with one rest stop.
Sun., Nov 14	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., Nov 14	9:00 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Mary Moroney 630-936-3503 Walter Chlipala 630-832-9390	Slower Morning Ride Start when it's warmer and ride a little slower.
Sun., Nov 14	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.
Tue., Nov 16	9:00 AM	20 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688	New Adventure Destination to be determined the day of the ride.
Tue., Nov 16	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. If the forecasted high for the day is less than 40 degrees the ride is cancelled. Please call the ride leader at 708-334-6250 (cell) to check before leaving for the rides.
Wed., Nov 17	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

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Nov 17	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., Nov 18	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. If the forecast high for the day is less than 40 degrees the ride is cancelled. Please call the ride leader at 708-334-6250 (cell) to check before leaving for the rides.
Sat., Nov 20	9:00 AM	10-40 miles 10-15 mph	6913 Young Court Woodridge	Roman Szczesniak 630-963-7796	Social Ride Ride on Woodridge paved bike paths and streets. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Nov 20	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. Nov 20	2:30 PM	Hike 4-5 Miles	Tri-County SP Bartlett	Mary Ann Badke 630-663-0295 H 708-341-1160 C	Walk Around New Park We will check out the visitor center, then walk the trails. Attendees can choose if we repeat a loop for more walking time. After we are finished hiking, optional dinner a Japanese restaurant (Sakuma) just north of Irving Park Road off of Route 59. Entrance to the park is on Stearns Road west of Route 59 (and east of Route 25).
Sun., Nov 21	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., Nov 21	8:30 AM	33-38 miles 18-20+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Faster Ride The ride will finish by 11 am. with one rest stop.
Sun., Nov 21	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., Nov 21	9:00 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Mary Moroney 630-936-3503 Walter Chlipala 630-832-9390	Slower Morning Ride Start when it's warmer and ride a little slower.
Sun., Nov 21	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.
Sun., Nov 21	1:30 PM	Hike	Churchill Woods FP Lombard	Martha Miles 630-858-5250	Afternoon Hike Hike in the woods. Meet in the first parking lot west of Route 53 on the south side of St. Charles. Road.
Tue., Nov 23	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. If the forecast high for the day is less than 40 degrees the ride is cancelled. Please call the ride leader at 708-334-6250 (cell) to check before leaving for the rides.
Wed., Nov 24	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., Nov 24	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., Nov 25	8:30 AM	30 miles 12-14 mph	Spring Rd & Prairie Path Elmhurst	Larry Gitchell 708-409-0105 H 708-421-0120 C	Turkey Day Ride The traditional Thanksgiving Day Ride to Brookfield Zoo. On the way we'll check out the new bike-pedestrian bridge over I-88 in Oak Brook. One stop on the outbound route, usually in LaGrange. We'll wander the zoo for about an hour before heading back. Zoo admission is free. Bring a lock. SAG wagon with snacks and gear storage will be provided. Start from the public parking lot outside Stemple's Cycle Center, 494 Spring Road.
Thu., Nov 25	11:30 AM 2:00 PM	Hike Buffet	White Pines State Park Oregon	Judy Mikesell 630-833-1036	Thanksgiving Day Hike & Buffet Bring family or friends and join Judy and Charlie for an outdoor Thanksgiving hike with a buffet to follow. If you have a non-hiker that would like to come, there is a small gift shop where they can wait by the fireplace. Buffet cost about \$15. White Pines is 12 miles north of Dixon. Allow about 2 hours drive time.
Fri., Nov 26	10:00 AM	2 Hr ~ 4 mile Hike	Fullersburg FP Oak Brook	Susan Kilgore 630-515-1865	ANNUAL EBC WADDLE - For all NON-Shoppers "Walk Away Dangerously Delicious Lingered Edibles". Who needs to shop the day after Thanksgiving? Enjoy the outdoors and maybe even sight a Woolly Mammoth. Cheeseburgers at the York Tavern have become a tradition.
Fri., Nov 26	7:00 PM	Monthly Collating Party	Walter Chlipala's House Villa Park	Walter Chlipala 630-832-9390	Newsletter Collating Party Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Walter for directions.
Sat., Nov 27	9:00 AM	10-40 miles 10-15 mph	6913 Young Court Woodridge	Roman Szczesniak 630-963-7796	Social Ride Ride on Woodridge paved bike paths and streets. Distance weather dependent. House could be used for warming and hot chocolate after ride.

Date	Time	Distance	Start Location	Ride Leader	Ride Description
Sat., Nov 27	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., Nov 28	8:00 AM	25-30 miles 12-14 mph	Panera Bread Elmhurst	TBD	Slower Polkow Ride The ride will be over no later than 11 a.m.
Sun., Nov 28	8:30 AM	33-38 miles 18-20+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Faster Ride The ride will finish by 11 am. with one rest stop.
Sun., Nov 28	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., Nov 28	9:00 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Mary Moroney 630-936-3503 Walter Chlipala 630-832-9390	Slower Morning Ride Start when it's warmer and ride a little slower.
Sun., Nov 28	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.
Tue., Nov 30	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. If the forecast high for the day is less than 40 degrees the ride is cancelled. Please call the ride leader at 708-334-6250 (cell) to check before leaving for the rides.

Turkey Day Duel - Ride vs Hike!



We have not one, but two Thanksgiving Day events on the club schedule this month.

For those who want to stay close to home and ride, there's **Larry Gitchell's** Turkey Day Ride to Brookfield Zoo.

We start at 8:30 AM from the parking lot outside Stemple's Cycle Center at 494 South Spring Road, Elmhurst 60126.

On the way to the zoo we'll check out the new trail construction along South York Road in Oak Brook, and enjoy the traditional warm-up stop at the LaGrange Starbucks. Plan to spend about an hour visiting the animals and admiring the hundreds of community Christmas trees displayed on the zoo grounds. SAG wagon with snacks, warm drinks, and space for gear will be provided. Zoo admission is free. Please bring a lock. More info? **Larry Gitchell (708) 409-0105 (Home) or (847) 288-7000 (Work).**



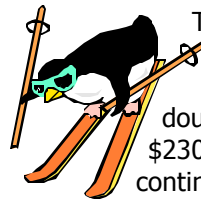
For those who would like to hike and see the magnificent miles of Illinois, there's **Judy and Charlie Mikesell's** Thanksgiving Day Hike & Buffet at White Pines State Park near Oregon, Illinois. Bring family or friends and join **Judy and Charlie** for an outdoor Thanksgiving hike with a buffet to follow.

If you have a non-hiker that would like to come, there is a small gift shop where they can wait by the fireplace. Buffet costs about \$15. White Pines is 12 miles north of Dixon. Allow about 2 hours drive time to get there. Hike starts at 11:30, buffet at 2:00 For more info, directions, or most importantly, to let **Judy** know you're coming so she can make the reservations: **Judy Mikesell (630) 833-1036 (Home)**

Whether you choose to ride or hike, you'll be sure to have a terrific Thanksgiving with the EBC!

UP2005 Ski Trip

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**

Naperville—Morris Ride

Saturday November 6, 9:00 AM

Debbie Henke is leading a road ride from her house in Naperville to Morris on Saturday, November 6th. It will be about 35 miles (give or take a bit) each way at 16-18 mph with very few rest stops in between.

The ride will stop at her friend's house in Morris for snacks and drinks then finish at Debbie's house for some chili and beers. If anyone is interested in this ride please let Debbie know so that she has a good head count for having enough food and drinks in Morris and at the finish. Lets hope for good weather! See the ride schedule (page 3) for the rest of the details. **Debbie Henke 630-664-3152**

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 1 ¼ 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 Lilia 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

November is Election Month!

As required by the EBC bylaws, club officers
will be elected at the November meeting.

The nominating committee presented the following slate of candidates:

President — **Roland Porter**

Vice President and Ride Captain — **Ray Dal Lago**

Secretary — **Mary Jo Bolan**

Treasurer — **Walter Chlipala**

Membership — **Joanne Dybala**

In addition to the five elected positions,
there are two appointed board members.

At press time these positions were expected to be filled by:

Metro Metric — **Joanne Dezur**

Newsletter — **Lew Worthem**

Additional nominations, with the nominee's approval, may be received from the
floor up until the time of election. Election is by a majority of members present.

All elected officers assume their positions on January first.

Safety - November 2004

BICYCLE CLOTHING

Those funny looking togs can save your
ride as well as your life. Find out why.

Link to these items and much more at:

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