

Board Members

President

Roland Porter

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Porter411@comcast.net

Vice President / Ride Captain

Sharon Ganske

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Ganskesh@hotmail.com

Secretary

Mary Jo Bolan

630 887-9652

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Treasurer

Walter Chlipala

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chlipsbike128@netzero.net

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rideabike@fastmail.fm

Newsletter Editor

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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Sergeant at Arms

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Publicity

Ray Dal Lago

630-543-4655

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Cue Sheet

December 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!



Newsletter Editor Larry Gitchell (left) and 2004 new member Paul PUNCHUM compete to see who can eat more cheesecake samples at the 2004 Eli's Cheesecake Festival (Paul won). Photo courtesy of Paul PUNCHUM.

Member Profile: Paul PUNCHUM

I found the picture above on my computer, left over because it didn't fit in the layout of the October issue. At press time, Paul PUNCHUM was a strong contender for 2004's new member with the most club miles, and I thought it would be interesting to write a short profile. I had a chance to conduct a brief interview with Paul during a recent Wednesday Night Ride.

Paul is originally from Ayutthaya, Thailand. He's a very young 57, and has lived in the Chicago area for 33 years. Those of you who have been on rides with Paul may have noticed that we seem to pass the current or former PUNCHUM residences on a regular basis. Paul has lived in Chicago, Schiller Park, Lombard, and unincorporated Glen Ellyn. He and his wife Nonnie came to the US together, and have been married 32 years. They have one son, currently living in Thailand, and 3 nephews, 2 in Thailand and one attending military school in Wisconsin.

When I asked Paul how he came to join the Elmhurst Bicycle Club, he told me his doctor had recommended an exercise program to help him recover from a severe lung infection. Paul took up swimming and biking, did an internet search for local bike clubs, and joined the EBC at the February 2004 meeting. He started riding on the Sunday Morning Ride in April, where he claims to have fallen (but escaped injury) on every ride for the first 2 months.

(Continued on page 5)

New Cogs on the Cluster
Joining the EBC this month:

Gary Fecarotta & Jane Albrecht
Lombard

Mark Heyes
Lombard

Joe and Karen Rizzo
Winfield

Pam Salaway & Eric Frick
Elmhurst

Susan Sperl
Naperville

We're growing every month!

Type	Memberships	Members
Family	62	147
Individual	<u>182</u>	<u>182</u>
Total	244	329

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

Election Results

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

President — **Roland Porter**

Vice President & 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.

These positions were filled by:
Metro Metric — **Joanne Dezur**
Newsletter — **Low Worthem**

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

December Meeting is

Thursday, December 9th, 7:00 PM

Community Bank of Elmhurst

330 W. Butterfield Road, Elmhurst

(at the corner of Spring Road & Butterfield Rd.)

December Program

Holiday Party

Collating Party

There will be no official collating party in December due to the traditional day falling on Christmas Eve.

Merry Christmas and Happy New Year!

Ride Scheduling Guidelines

The deadline for submissions to the January 2005 Ride Schedule is Saturday, December 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 January 2004 Cue Sheet is Monday, December 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

December 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., Dec 1	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., Dec 1	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.
Sat., Dec 4	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., Dec 4	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., Dec 4	9:30 AM	1.5 Hrs 3 mile Hike	Churchill Woods FP	Susan Kilgore 630-515-1865 H 312-727-3597 W	LONG WALK ON A SHORT TRAIL Meet in the parking lot on the south side of St. Charles Rd. just west of Rte. 53 There is no breakfast before hand.
Sun., Dec 5	9:30 AM	20-25 miles 18-20+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Fast Ride The ride will last 90 minutes with no rest stop. The leader will show up as long as the forecasted high is at least 20 degrees.

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.

Safety

December 2004

CYCLIST VISIBILITY:

Strategies for being seen by motorists.

January 2005

AERODYNAMICS:

What makes a bicycle fast?
 Does it pay to buy a lightweight bike?
 Can wheels be made to ride faster?

February 2005

ROLLING RESISTANCE

Learn what makes wheels difficult to turn on soft ground.
 What can improve the performance of your wheels on smooth pavement?
 Does tire inflation pressure matter when doing longer rides?

Link to these items and much more at:
<http://www.beezodogsplace.com/Pages/EBC-Safety-Series/index.html>

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Dec 5	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., Dec 7	9:30 AM	3 Hour Hike	Bemis Woods FP	Ted Sward 708-354-5782 H	Ted's Tours - Part 1 Meet at Bemis Woods to explore some of the interesting little used trails. Bemis Woods is located between I-294 (Tri-State) and Wolf Road on North side of Ogden Avenue. (Route 34). Bring snacks.
Wed., Dec 8	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., Dec 8	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., Dec 9	6:00 PM	Board Meeting	Community Bank	Roland Porter 630-655-1890	Board meeting
Thu., Dec 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 Road, Elmhurst
Sat., Dec 11	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., Dec 11	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., Dec 11	9:00 AM	Hike	Belmont & Chase Downers Grove	Susan Kilgore 630-515-1865 H 312-727-3597 W	PARKS & PRAIRIE HIKE Start near the Belmont Road Train station in Downers Grove. Use the commuter parking spaces along Burlington Ave, and park two blocks west of Belmont, near Chase Ave. This is on the north side of the tracks. Plan on an after hike stop for hot chocolate at a new place.
Sun., Dec 12	9:30 AM	20-25 miles 18-20+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Fast Ride The ride will last 90 minutes with no rest stop. The leader will show up as long as the forecast high is at least 20 degrees.
Sun., Dec 12	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., Dec 14	9:30 AM	3 Hour Hike	Red Gate Woods FP	Ted Sward 708-354-5782 H	Ted's Tours - Part 2 Come and enjoy the back woods trails (some challenging) and visit the site of the world's first nuclear reactor. Red Gate is 1-1/2 mile East of Route 83 on Archer Avenue. (Route 171) on south side of road. Bring snacks.
Wed., Dec 15	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., Dec 15	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.

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**

2005 Dream List

As the days get shorter and colder, some of you are already thinking about next season. Are you considering leading a multi-day event? Would you like to see if other club members are interested? Please send your ideas to Cindy Reedy and Sharon Ganske. We will put the list in the January newsletter and on the website future/tentative page. Two examples are:

Earl Weber is talking about a self-contained and/or leap frog trip along 100+ miles of Wisconsin trails.

Larry Gitchell is planning another challenging Fourth of July Century Plus ride.

Sharon Ganske Ganskesh@hotmail.com
Cindy Reedy cmreedy@prodigy.net

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Dec 18	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., Dec 18	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., Dec 18	1:00 PM	Hike	Library Downers Grove	Susan Kilgore 630-515-1865 H 312-727-3597 W Mary Ann Badke 630-663-0295 H 312-557-5349 W	SEARS CATALOG HOMES HIKE Start at the Downers Grove Library parking lot, south of tracks at Forest & Curtiss streets. Follow the historical society's walk- ing tour of some of the kit homes delivered to this area by train. A TEA TIME rest stop is planned at Mary Ann's house, toward the end of the hike.
Sun., Dec 19	9:30 AM	20-25 miles 18-20+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Fast Ride The ride will last 90 minutes with no rest stop. The leader will show up as long as the forecasted high is at least 20 degrees.
Sun., Dec 19	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., Dec 21	9:30 AM	3 Hour Hike	Bull Frog Lake FP	Ted Sward 708-354-5782 H	Ted's Tours - Part 3 Here are some more back woods trails to give you a workout. Bull Frog Lake location. Go 2 1/2 miles East of Route 83 on Archer Avenue (Route 171) then turn right on 95th Street. Turn right at 1st chance (Wolf Road). Turn right at stop sign—meet at far end. Bring snacks.
Wed., Dec 22	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., Dec 22	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.
Sun., Dec 26	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., Dec 28	9:30 AM	3 Hour Hike	Fullersburg Woods FP	Ted Sward 708-354-5782 H	Ted's Tours - Part 4 This is a flat hike but scenic including part of Oak Brook area. Meet at Fullersburg main lot off of Spring Road in Oak Brook. Bring snacks.
Wed., Dec 29	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., Dec 29	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.

(Continued from page 1)

Paul Punchum

Since then Paul has been a constant attendee at the Monday Night Ride, Wednesday Night Ride, Saturday show and go rides, and various editions of the Sunday Morning ride.

Paul currently owns a Marin mountain bike and 3 road bikes, with his favorite being the Trek Madone 5.9 he acquired last week. He prefers the smooth ride of a carbon fiber frame.

If you see Paul on a club ride, be sure to say "Hi". He always has a big smile, and even though he's only been in the club 10 months, he's like an old friend to everyone he rides with!

After 5 years, this will be my last Cue Sheet (at least for this tour of duty). Lew Worthem will be taking over the newsletter editor's job starting with the January issue. I'll be looking forward to seeing what Lew's going to do with the newsletter. Ride On—any bike, any ride, any time!
—Larry Gitchell

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**

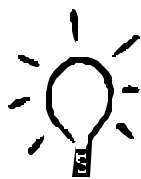
Please let us know when your articles have been sold or when your Equipment Wanted request has been filled. Ads will be deleted after three months.

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! (11/04)

For Sale: a brand new E.B.C. club jersey from the last order. Although the tag says Women's X.L., due to the narrow cut it would fit a medium or a large. This would make a great holiday gift for you, or someone else, for only \$60. Contact **Susan Solberg** at **630-993-9291** or bikesks@aol.com (12/04)

The Visible Man



Editor's Note: The following was posted to the club list server by new member **Eric Peterson**, concerning his nighttime commuting setup.—Larry

"While no one has complimented me so far...here is my gear list from my ride home last night (~5:45PM) from work (Elmhurst to Naperville):

- 1) Fluorescent yellow vest (PI) with reflective piping
- 2) REI triangle (actually a Nathan reflective triangle)
- 3) Sandals with reflective heel patches (Shimano)
- 4) Rack Trunk with reflective rear patches (MountainSmith)
- 5) Cateye LED (red) taillight TL-LD600 affixed to rear rack.
- 6) Self-leveling Planet Bike LED blinkie atop my helmet
- 7) Cateye LD100 LED (white) safety lights on each side of my handlebars, in flashing mode
- 8) 6 / 10 / 16 watt CygoLite Night Rover headlight (dual beam)
- 9) Wacky circular multi-flashing LED thingy that I bought for \$4 at VeloSwap, attached to the back of my helmet strap."

—Eric "I want to be seen" Peterson

How Do You Find Out About EBC Events?

There are a number of ways to find out about scheduled and last minute events on the ride schedules. While the phone Hotline at 630-415-BIKE is the official location for posting last minute events, some are also listed on the Website and/or sent out to the list server. Please take a few moments to fill out the survey be-

Ride Schedule Source Survey

I get my newsletter
 via email via US mail

Key: A Always S Sometimes N Never

Newsletter Website Hotline List Server

I learn about scheduled rides from the:
 Approximately how many times a month

			NA*

I learn about late additions from the:
 Approximately how many times a month

NA			

I print out the scheduled rides from the:
 Approximately how many times a month

		NA	NA

I print out the late additions list from the:
 Approximately how many times a month

NA		NA	

* NA Not applicable

Name _____ (Optional)

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/LAND 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

MEMBERSHIP RENEWAL

It's that time of year again...time to send in your renewal application.

You can get a renewal form from one of your newsletters, or go through our internet site at www.elmhurstbicycling.org.

Please, take the time to PRINT all the information on your application, except for the signatures of course. If you'd like, just use a return address label on your application rather than hand writing the address information.

Print your e-mail address with care...we want to make sure that our records are current and correct. Remember that if you have a family membership, all ADULT members must sign the application.

—Joanne Dybala, Membership Chairperson