

Board Members

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630 655-1890
Porter411@comcast.net

Vice President / Ride Captain
Ray Dal Lago
630 543-4655
dlag10@aol.com

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630 887-9652
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630 835-7270
EBCNews@worthem.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 Mike Incopero 630-682-0098 mystromboli@mac.com	Internet Bike Info Rich Kuhlman 630-462-5427 rkuhlman99@comcast.net
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Database Manager Mary Moroney 630-629-1812 cycling33@comcast.net	Safety Larry Gitchell 708-409-0105 lawrenceg11@netzero.net
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List Server Marty Kotecki 630-620-6434 orionradion@msn.com	Programs & Sergeant at Arms Mike Struglinski 708-246-2089
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Newsletter Collating Judy Mikesell 630-833-1036 mikesell2@juno.com	Website Cindy Reedy 630-530-1250 cmreedy@prodigy.net
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Publicity OPEN	Refreshments Mary Roe 630-530-7745 micronette@aol.com
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Cue Sheet

January 2005

Over 27 years and still Riding!

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

METRO METRIC XXV CALL FOR VOLUNTEERS

Most of the volunteer positions for the Metro Metric XXV have been filled. However there are still 1½ positions I urgently need to fill.



Route Sign Placement: This has always been the most difficult position to fill and last year we attempted to make it easier for 2005. **John Kaczmarczyk** and **Marge Ricke** did the job of making up all the new signs needed to both replace what we had lost and to compensate for the new route (**Ellen Johnson** also helped a lot) They also have listed where the signs need to be placed with the exception of changing the gravel road. **Phil Keller** has volunteered to be in charge of having the signs picked up. It is our 25th Metro Metric and without this position being filled, we have no invitation.

Publicity(½ Position): Since this is our 25th Metro Metric I would like to make it really special and with **Cheri O'Riordan's** very busy work schedule and other commitments she will need someone to help her get us advertised. It involves getting the information regarding our ride anywhere that riders will see it so we can make it a huge success. She can better explain it but I believe the majority of the work is phone calls.

Bob Jones was asked to step forward and volunteer to be our Rest Stop Co-coordinator. I am very happy to say that, despite the pressure from our president, he has offered to be in charge.

PLEASE STEP FORWARD! Without volunteers our Metro Metric would not exist. I would hate to cancel our 25th event and admit that our members cannot be bothered to help. If you think you could not handle it alone, grab a husband, wife or friend to help you.

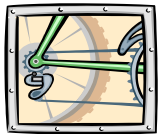
Thank You,
Joanne DeZur,
Metro Metric Chairperson

P.S. We can always use donations so if you know of any store or bike shop that would be willing to make a donation to our 25th just let **Sandy Mapes** know.

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 Links in the Chain

Joining the EBC:

TOM COOGAN

CHICAGO

thomascoogan@yahoo.com

PATRICIA GABRIS &

JOHN KENNEDY

BARTLETT

pgjpk@yahoo.com

ROLLAND & JUDY WAKEMAN

BELLWOOD

i.w.wakeman@worldnet.net

EBC Hotline—630-415-BIKE

Call for Ride updates, membership, and general information.

To organize an unscheduled ride, call **Ray Dal Lago**

630-543-4655 or e-mail **Ray** at dlag10@aol.com.

EBC Website

www.elmhurstbicycling.org

There will be NO JANUARY MEETING.



Don't miss the February meeting!

2004 MEMBER AWARDS

Thursday, Feb. 10, 2005, 7:15 P.M.

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

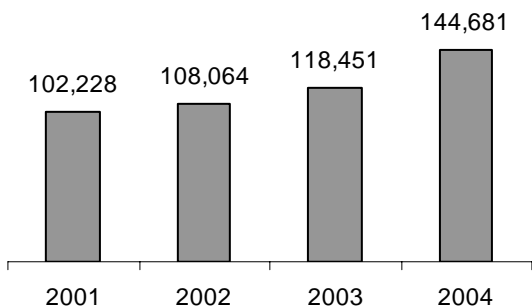
By the Numbers As of 12/12/04

Membership

Type	Memberships	Members
Family	64	151
Individual	183	183
Total	247	334

Riders over 4000 miles:	5
Between 3000 and 4000 miles:	7
Between 2000 and 3000 miles:	15
Between 1000 and 2000 miles:	25
Between 500 and 1000 miles:	19

Total Club Miles



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

Collating Party

Friday, January 28th at 7:00 P.M.

At the home of **Judy** and **Charlie Mikesell** in Villa Park

Call Judy at 630-833-1036 for details

THANKS, MARY AND LARRY!

Let's thank and congratulate **Mary Roe** who has agreed to be our new refreshments chairperson. What position could be more important? After all, we ride to eat! Also, please welcome **Larry Gitchell** as our new safety officer. We are privileged to have Larry continue as a club leader.

Ride Scheduling Guidelines

The deadline for submissions to the February 2004 Ride Schedule is Saturday, January 10th. Call Ride Captain **Ray Dal Lago**, 630-543-4655, email **Ray** at dlag10h@aol.com (or see **Ray** at the February monthly meeting for March schedule).

And remember, you can submit a ride to **Ray** 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 submission deadline for the February 2005 Cue Sheet is Monday, January 12th.

Send items to:

Lew Worthem

320 Hillside Ave.

Elmhurst, IL 60126-3812

Phone: 630-834-5281 or 630-835-7270 (both lines have voicemail)

Email: EBCNews@worthem.com

UP2005 Ski Trip
There's still time to sign up

It has been snowing in the UP, and the ski trails are open. So far twenty-one members have made their reservations for the up coming 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** 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.

Starved Rock Winter Hike
with the Quad Cities Bicycle Club

Kathy Storm and the **Quad Cities Bicycle Club** invite members of the Elmhurst Bicycle Club to join them on a Winter Hike at Starved Rock State Park. On Saturday, February 26th, we will be carpooling from the Quad Cities and should arrive at the park entrance around 10:30am. We are planning to hike in the park for 3-4 hours.

Jean Kelly of the QCBC will be leading this hike. She can be reached at: 563-359-9508. You can also contact **Kathy** for information as well: 563-355-2564 or kbstorm@aol.com.



Other Events
 Some non-EBC 2005 events
 for you to consider:

Spring Forward Invitational, Schaumburg Bicycle Club, Sunday Apr. 3, <http://www.schaumburgbicycleclub.org/SF2005.shtml>, 630-668-5204

GITAP-05 (Grand Illinois Trail and Parks), Sun. June 12 thru Sat. June 18, 370-500+ miles, supported camping or motels, <http://bikelib.org/gitap/2005/index.htm>, oestreich@qconline, 309-788-1845

Got Mileage?

We're aware that many club members put in miles on their bikes for various purposes such as commuting, shopping, errands, tours and riding to and from club rides. We will again publish those miles for the year 2004. Compile your own mileage and report the miles to **Sharon Ganske, 630-462-3734, ganskesh@hotmail.com**, by January 14, 2005. The February 2005 newsletter will include a list with all of the participants.

2005 Dream List

These are events tentatively planned for this year. Please contact the planner to find out more. Let them know if you are interested.

Are you considering leading a multi-day event? Would you like to see if other club members are interested? To add a multi-day or special event to this list, please send the details to Sharon Ganske, ganskesh@hotmail.com. This list will be on the EBC website.

Event	Planner	Tentative Dates
Bike and Camp at Blackwell for Beginners. Give one-night self-contained touring a try. Old pros welcomed too.	Lew Worthem Lew@worthem.com 630-835-7270	May
Self-contained or leap frog, camping or motels. Wisconsin trail ride.	Earl Weber earlkweber@hotmail.com 630-653-7089	Summer
July 4 th challenging century.	Larry Gitchell larsofmars@aol.com 708-409-0105	July 4
Tour SW Colorado, self-contained or leap frog, motels/B&Bs.	Karen Schwartz cteach3@comcast.net 630-963-6250	July or August
Tour Frisco Colorado area.	Karen Schwartz cteach3@comcast.net 630-963-6250	July or August

January 2005

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., Jan 1	9:00 AM	20-24 miles 14-16+ mph	Gazebo Glen Ellyn	Larry Gitchell 708-409-0105 H 708-420-0120 C	First Day of 2005 Fast Ride The first fast miles of 2005! We'll meet the other group at Egg'lectic Cafe in Wheaton (145 N. Hale) for breakfast. Additional miles may be added to the end of the ride as weather allows.
Sat., Jan 1	9:30 AM	27 Miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Joint Rides With SBC We'll finish before 11:00AM with one rest stop halfway if requested. No one left behind on this ride. Start at the Lifetime Fitness Center 900 E. Higgins Rd. (south parking lot). The ride will be cancelled if it rains or snows!
Sat., Jan 1	10:00 AM	10 miles 8-12 mph	Gazebo Glen Ellyn	Mary Moroney 630-936-3503 C	First Day of 2005 Slower Ride Log your 1st miles of the year with a ride to Egg'lectic Cafe in Wheaton (145 N. Hale) for breakfast. ***Non-riders, meet us at 10:30 but let me know you are coming so the restaurant will know how many to expect. Additional miles may be added to the end of the ride as weather allows.
Sat., Jan 1	12 noon	1.5 Hrs Hike	Springbrook FP Naperville	Kevin & Teresa Zahora 630-983-1056	Start the New Year off right. Hike on the gravel trail in Springbrook Forest Preserve. Meet in the parking lot located on the North side of 83rd Street (between Book Road and Route 59). Call leaders Kevin and Teresa Zahora for directions and info. Hike is cancelled if raining, snowing or below freezing.
Sun., Jan 2	9:30 AM	22-26 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Fast Ride This ride will be a non-stop 90 minute ride with some optional sprints thrown in for fun.
Sun., Jan 2	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., Jan 4	9:30 AM	3 Hour Hike	Little Red School House	Ted Sward 708-354-5782 H	Ted's Tours - Part 5 A new look at some old trails. Start location is 1/2 mile south of 95th St. on Willow Springs Rd. (Flavin/104th Ave.) Bring snacks.
Wed., Jan 5	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., Jan 5	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.
Sat., Jan 8	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. Please RSVP to discuss the planned route, streets or path. Distance weather dependant. House could be used for warming and hot chocolate after ride.
Sat., Jan 8	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., Jan 8	9:30 AM	27 Miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Joint Rides With SBC We'll finish before 11:00AM with one rest stop halfway if requested. No one left behind on this ride. Start at the Lifetime Fitness Center 900 E. Higgins Rd. (south parking lot). The ride will be cancelled if it rains or snows!

The time of the event shown in the calendar above is the actual departure time. Please allow time for bicycle assembly and inspection, filling of water bottles, inflating tires, etc.. prior to departure. The advertised pace will be at the discretion of the ride leader to allow for resistance to the wind and terrain. The pace is considered to be the maximum speed attained on a level road without appreciable head wind or tailwind. Please select the ride that best fits your ability. Know for yourself whether you are comfortable to sustain the pace and finish the advertised distance.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Jan 8	9:30 AM	2 hr or 3 mi. Hike	Herrick Lake FP Wheaton	Susan Kilgore 630-515-1865 H 312-727-3597 W	Herrick Lake Hike Meet in the parking lot on the north side of the forest preserve off of Butterfield Road. Pre-hike "coffee and" at Panera Bread at 8:30 AM . If there is snow we will hike only if we can do it without destroying ski tracks.
Sun., Jan 9	9:30 AM	22-26 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Fast Ride This ride will be a non-stop 90 minute ride with some optional sprints thrown in for fun.
Sun., Jan 9	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., Jan 11	9:30 AM	3 Hour Hike	McDowell Grove FP	Ted Sward 708-354-5782 H	Ted's Tours - Part 6 Meet at McDowell Grove FP (NW Naperville) McDowell Rd. and Raymond Rd. 1.1 mile N of Ogden Ave., Rt 34 on Raymond. South of I-88 and Diehl Rd. Bring snacks.
Wed., Jan 12	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., Jan 12	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.
		No January Club Meeting		Roland Porter 630-655-1890	See you on February 10th for the 2004 Awards meeting.
Sat., Jan 15	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. Please RSVP to discuss the planned route, streets or path. Distance weather dependant. House could be used for warming and hot chocolate after ride.
Sat., Jan 15	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., Jan 15	9:30 AM	2 hr or 4 mi. Hike	Green Valley FP Woodridge	Susan Kilgore 630-515-1865 H	How Green is the Valley Hike starts at the Thunderbird campground off 79th Street west of Green Rd. Optional breakfast before the hike at 8:15 am at Grandma's in Lisle. Grandma's is on route 53 south of Maple.
Sat., Jan 15	9:30 AM	27 Miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Joint Rides With SBC We'll finish before 11:00AM with one rest stop halfway if requested. No one left behind on this ride. Start at the Lifetime Fitness Center 900 E. Higgins Rd. (south parking lot). The ride will be cancelled if it rains or snows!
Sun., Jan 16	9:30 AM	22-26 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Fast Ride This ride will be a non-stop 90 minute ride with some optional sprints thrown in for fun.
Sun., Jan 16	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., Jan 17	9:00 AM	2-3 hr Hike/Ski	Wild Oats Hinsdale	Mary Moroney 630-936-3503 C	Hike Indiana Dunes State Park Meet at the Wild Oats Market shopping center on Ogden Ave (Rt. 34) just W. of I-294 Southbound entrance for carpooling. If weather conditions do not permit the approx. 90 min. drive to Indiana, we will hike (ski) at nearby Bemis Woods FP. Bring snacks, sandwiches for before & during the hike.
Tue., Jan 18	9:30 AM	3 Hour Hike	Teason's Woods FP	Ted Sward 708-354-5782 H	Ted's Tours - Part 7 Meet at Teason's FP at the intersection of 111th St. (Route 83) and 104th Ave. (Willow Springs Rd.) SE corner. Palos area. Bring snacks.
Wed., Jan 19	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., Jan 19	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.
Sat., Jan 22	9:30 AM	27 Miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Joint Rides With SBC We'll finish before 11:00AM with one rest stop halfway if requested. No one left behind on this ride. Start at the Lifetime Fitness Center 900 E. Higgins Rd. (south parking lot). The ride will be cancelled if it rains or snows!
Sat., Jan 22	2:00 PM	4-5 Mile Hike	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. "Little House on the Prairie" films possibly showing at visitors center. After we are finished hiking, we plan an optional dinner at a restaurant TBD. Entrance to the park is on Stearns Rd west of Rte 59 (and east of Rte 25).
Sun., Jan 23	9:30 AM	22-26 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Fast Ride This ride will be a non-stop 90 minute ride with some optional sprints thrown in for fun.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Jan 23	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., Jan 25	9:30 AM	3 Hour Hike	Waterfall Glen FP	Ted Sward 708-354-5782 H	Ted's Tours - Part 8 Meet in the parking lot of the Park Ranger's Residence/Outdoor Education Camp, .7 mile west of Rt. 83 on Bluff Rd. Bring snacks.
Wed., Jan 26	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., Jan 26	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.
Fri., Jan 28	7:00 PM	Monthly Collating Party	Mikesells' 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., Jan 29	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. Please RSVP to discuss the planned route, streets or path. Distance weather dependant. House could be used for warming and hot chocolate after ride.
Sat., Jan 29	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., Jan 29	9:30 AM	27 Miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Joint Rides With SBC We'll finish before 11:00AM with one rest stop halfway if requested. No one left behind on this ride. Start at the Lifetime Fitness Center 900 E. Higgins Rd. (south parking lot). The ride will be cancelled if it rains or snows!
Sat., Jan 29	10:30 AM	2 hr Hike	Maple Grove Park Downers Grove	Susan Kilgore 630-515-1865 H	Ice Festival Hike We'll hike in and around the downtown area, spot some SEARS homes, find an historic site and view lots of ice sculptures. Plan on a coffee break during the hike. Park is located just west of Dunham Street and Conely School on the north side of Maple.
Sun., Jan 30	9:30 AM	20-25 miles 18-20+ mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Fast Ride This ride will be a non-stop 90 minute ride with some optional sprints thrown in for fun.
Sun., Jan 30	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.

RIDE WITH PRIDE

Member Paul Punchum demonstrates how to show club spirit:

1. Get a time trial helmet.
2. Cut a club sticker in two.
3. Apply stickers to sides of TT helmet.
4. Put on the helmet, get out and ride!

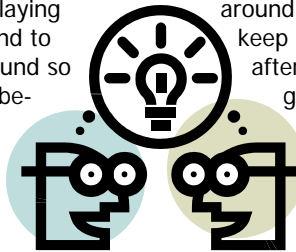


THE POLKOW CHALLENGE

Dave's Sunday morning fast rides are always a challenge, but now he has a new one for us -

Hi Members,

While retrieving my air conditioner cover that blew off with today's wind I thought I could keep it in place with an old tube that was laying around the garage. Being a pack rat I tend to keep old bike parts and equipment around so after taking care of the problem I began to wonder what else I could use old bike tubes for. I also use them for tie putting bikes on a rack. My question is what are some other uses for old tubes or for that matter old bike parts and equipment.



I'm sure there are some great ideas out there. Maybe we can come up with a good list for our new newsletter editor. Feel free to toss out any uses for your bike stuff once it's worn or replaced.

David Polkow, dapolkow@aol.com, 630-832-8131

(The best idea gets an "EBC Attaboy/girl" from the newsletter editor.—Lew)

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

TIME TO RENEW

It's that time of year again... time to renew your Elmhurst Bicycle Club membership! If you planned on renewing and you haven't yet sent in your membership form and a check, please take the time to do so NOW. There will be no general meeting in January, so mail your application to our post office address. (It's listed on the application form.)

Please, PRINT all the information on your application, except for the signature(s) of course! If you'd like, you can 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.

I hope to see you at the February meeting!

Joanne Dybala

SAFETY - JANUARY 2005

AERODYNAMICS

What makes a bicycle fast? Does it pay to buy a lightweight bike? Can wheels be made to ride faster? Listen to Paul Sherwen talk about Lance Armstrong's time trial bike. Link to these items and much more at:
<http://www.beezodogsplace.com/Pages/EBC-Safety-Series/index.html>

UPCOMING EVENTS

Dates	Event	For additional information	
Jan.30-Feb 4, 2005	UP Ski Trip	Ed Curtin	847 981 1677
Feb.13, 2005	Chili Mixer Ride/Hike	Marge Ricke	630 616 8481

Watch for more upcoming events at
http://elmhurstbicycling.org/r_events.asp

Cue Sheet will publish your want ads—free!

E-mail **Lew Worthem** at EBCNews@worthem.com or mail to **Lew, 320 Hillside Ave., Elmhurst, IL 60126-3812**. 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: A brand new EBC club jersey from the last order. Although the tag says Women's XL, 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)