

Board Members

President

Roland Porter

630 655-1890

Porter411@comcast.net

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

Membership
Joanne Dybala
630-493-1514
rideabike@fastmail.fm

Secretary
Mary Jo Bolan
630-887-9652
MJBolan39@comcast.net

Metro Metric
Joanne Dezur
630-833-7688
Cyclejoey@aol.com

Treasurer
Walter Chlipala
630-832-9390
chlipsbike@netzero.net

Newsletter Editor
Lew Worthem
630-835-7270
EBCNews@worthem.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

Database Manager
Mary Moroney
630-629-1812
cycling33@comcast.net

Safety
Larry Gitchell
708-409-0105
lawrenceg11@netzero.net

List Server
Marty Kotecki
630-620-6434
orionradion@msn.com

Programs &
Sergeant at Arms
Mike Struglinski
708-246-2089

Newsletter Collating
Judy Mikesell
630-833-1036
mikesell2@juno.com

Website
Cindy Reedy
630-530-1250
cmreedy@prodigy.net

Publicity
OPEN

Refreshments
Mary Roe
630-530-7745
miconette@aol.com

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 **EBC Hotline** at 630-415-BIKE (630-415-2453)



Cue Sheet

February 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!

Get out and ride!

A message from Ray Dal Lago, EBC VP and Ride Captain

Hi EBC members...

Congratulations to everyone for making EBC the best bicycling club around. We biked / hiked almost 150,000 miles in 2004 (149,679 for ride sheets turned in as of Jan 15, 2005). What a great accomplishment.



Here's a statistic which surprises me: out of the 334 club members, 132 members did not ride or hike even one mile. If you didn't ride or hike in 2004 you missed a lot of fun. I understand there are a number of reasons, private or otherwise, why so many members had no mileage, but this year I want to encourage everyone with no 2004 mileage to get on the mileage chart. Maybe you couldn't find a ride or hike suitable for you. Maybe you could only ride when there were no rides available. Maybe you're not comfortable riding on streets. Whatever the reason, let me know.

In 2004 we added a few new types of rides and I'm sure we can do the same in 2005. If you need a little encouragement to get on your bike, let me know. We have members with incredible biking knowledge, skills and abilities and these members would love to help you enjoy biking. I want to see more club members on the roads and trails in 2005. If you have questions about rides or ideas for rides, e-mail me at **dlag10@aol.com** or call me at 630-543-4655.

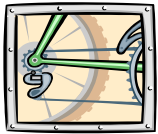
25th ANNUAL METRO METRIC RIDE

Everything is starting to get organized for our July 31st invitational. The design for the shirts has been drawn and now we just need to make color adjustments and pick out an actual color for the shirt itself. Since this is the object that makes us the most profit, if anyone has any ideas as to how we can advertise it -- I believe if they see it they will buy it -- please do not hesitate to either e-mail (cyclejoey@sbcglobal.net) or call me 630/833-7688.

Chairmen have almost all been assigned, however, we are still looking for another person to help with sign placement. It is a job that entails the evening before and the early morning of the ride to make sure the routes are well marked. Please step up, you will not be working alone.

There will be status of the Metro Metric in all our monthly newsletters so that you are aware of what is being done and what is left to be done. Think about volunteering, chairmen will be getting in touch with you in a couple of months. Remember this is the only money making event we have and the club does not ask for a lot of your time.

Joanne DeZur
Metro Metric Chairperson



New Links in the Chain
Joining the EBC:

DIANE HEIN
Aurora
mstaz102001@sbcglobal.net

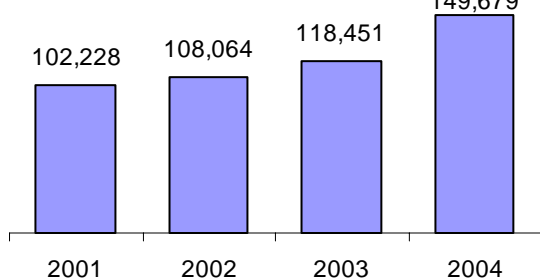
By the Numbers
As of 1/9/2005

Membership

| Type | Memberships | Members |
|------------|-------------|---------|
| Family | 66 | 155 |
| Individual | 182 | 182 |
| Total | 248 | 337 |

2004 Riders over 5000 miles!: 1
Between 4000 and 4999 miles: **5**
Between 3000 and 3999 miles: **7**
Between 2000 and 2999 miles: **18**
Between 1000 and 1999 miles: **22**
Between 500 and 999 miles: **20**

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

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.

| Event | Planner | Tentative Dates |
|---|--|-----------------|
| Self-contained or leap frog, camping or motels. Wisconsin trail ride. | Earl Weber, earlkweber@hotmail.com 630-653-7089 | Summer |
| 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 |

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.)



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

Collating Party

Friday, February 25th 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 March 2005 Ride Schedule is Saturday, February 12th. Call Ride Captain **Ray Dal Lago**, 630-543-4655, email **Ray** at dlag10@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 March 2005 Cue Sheet is Monday, February 14th.

Send items to:

Lew Worthem

Phone: 630-834-5281 or 630-835-7270

Email: EBCNews@worthem.com





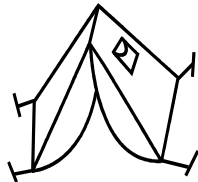
2004 Total Mileage

These members have ridden total miles including personal as follows. Congratulations!

| | | | |
|----------------|--------|-----------------|-------|
| Frank Amorosi | 10,108 | Hank Nieballa | 3,080 |
| Bill Angevine | 4,428 | Carol Nield | 4,520 |
| Paul Boyce | 2,624 | Roland Porter | 4,400 |
| Carole Danillo | 2,626 | Jerry Radek | 4,940 |
| Larry Gitchell | 9,250 | Ted Sward | 8,815 |
| Jim Gross | 7,940 | Bill Schwartz | 4,766 |
| George Hermach | 1,675 | Karen Schwartz | 6,092 |
| John Jacus | 439 | Ksenia Turula | 1,024 |
| Steve Josephs | 6,850 | Peter Turula | 7,376 |
| Phil Keller | 2,400 | Jeff Wincentsen | 5,995 |
| Karim Mouline | 2,150 | Lew Worthem | 4,967 |

Bike and Camp 2005 Saturday-Sunday, May 14-15

Want to give self-supported touring a try? Put your new equipment to use? Get outdoors in the spring air? Enjoy some campfire camaraderie? Then this outing is for you. The ride is an easy, 35-mile round trip from Elmhurst to Blackwell forest preserve in Warrenville.



Contact **Lew Worthem**, email Lew@worthem.com, 630-835-7270, to sign up or get more information. Also, see <http://Worthem.com/blackwell>. A camping permit is required, so don't delay!

Other Events

Mark your calendars with these non-EBC 2005 events



Chicago Bike Show, April 1-3, Navy Pier, <http://www.chicagobikeshow.com>, 847-675-0200

Bike the Drive, Sunday May 29, 15 or 30 miles, <http://www.bikethedrive.org>, 312-42-PEDAL, email cbf@biketraffic.org

Udder Century, Sunday June 6, 31-100 miles, <http://www.mchenrybicycleclub.org>, email n9hv@comcast.net



Ride in Russia

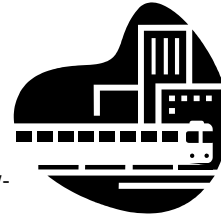
Three ladies will attempt to do a ride in Russia starting the end of August. The company that organizes these rides will give us a private tour if we have four people.

If you are interested you can see what the ride offers on the Russian Cycle Tour Club website at <http://www.geocities.com/TheTropics/8640/gring.html>. Contact **Joanne DeZur** at cyclejoey@sbcglobal.net

Bikes on Metra Petition

Wouldn't it be great to be able take your bike with you on a Metra train? The problem is that Metra has allowed bikes on some trains but only on certain lines on certain Saturdays. Also, people had to make advance reservations. Such restrictions made the Chicago-land Bicycle Federation say that the program "wasn't worth having."

The overwhelming majority of commuter rail systems in the US allow bikes on trains, so why not respond that there is not enough space to accommodate every-



majority of commuter US allow bikes on Metra? Metra officials is not enough space to one.

On January 13, the League of Illinois Bicyclists and others joined Lt. Governor Pat Quinn for a press conference kicking off a petition drive to allow bikes on Metra trains during weekends and non-peak hours

EBC members and all cyclists are encouraged to sign the on-line petition at www.bikesonmetra.com

Thanks to **Mike Incopero** for bringing this to our attention.

Are you an UltraCyclist?

Club centuries are the highlight of many endurance riders' seasons: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The UltraMarathon Cycling Association sponsors the Year Rounder for century riders looking for a new challenge: consistent performance throughout the year! Can you ride a century (or longer) every month of the year? You can maintain your fitness and have more fun cycling. If you reach the goal, you'll be awarded a Year-Rounder medal.



There are membership and registration fees. For more information on the Year-Rounder and riding centuries go to: <http://www.ultracycling.com/training/century.html>, email umcahq@aol.com, or call 303-545-9566.



EBC members Bill Mueller, Karen Zenisek, Dave Polkow, Lew Worthem, Ray Dal Lago, Eric Peterson, and Kevin McCauley brave the cold on Dec. 14, 2004.

February 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 |
|--------------------------------|----------|-----------------------------------|--|-----------------------------------|---|
| Sun., Jan. 30- Fri. Feb 4th | TBD | TBD | | | Upper Peninsula of Michigan Ski Trip. Please call Ed Curtin for full details...847-981-1677. |
| Wed., Feb. 2 | 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., Feb. 2 | 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., Feb. 5 | 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., Feb. 5 | 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 de- pendent. House could be used for warming and hot chocolate after ride. |
| Sat., Feb. 5 | 10:00 AM | 20-25 Miles 14-16 mph avg | Lifetime Fitness Center Schaumburg | Karim Mouline 847-254-5752 | Saturday Morning Fast Ride With SBC About 2 hours, no rest stop unless requested, no one left behind. Start at the Lifetime Fitness Center, front entrance, 900 E. Higgins Rd., Schaumburg. Ride cancelled if it rains, snows, or the highest forecast is < 32F. |
| Sun., Feb. 6 | 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., Feb. 6 | 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. Feb.8 | 9:30 AM | 3 Hour Hike | Harms Woods FP | Jerry Radek 847-673-8159 | North Branch River Hike 294 N. to Dempster, exit East. Go 5 ¼ miles to Central (stop light) in Morton Grove before Eden's Expressway. Turn Left, 1 mile to Golf. Central is now Harms Rd. Continue on Harms 0.4 miles past Golf. Turn left into the 2 nd entrance to Harms woods FP, center groves 3 & 4. Bring snacks. No outhouses. This is a joint hike with EBC and the Evanston Bike Club. |
| Wed., Feb. 9 | 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. |

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 |
|---------------|---------------------------------|---|--|---|--|
| Wed., Feb. 9 | 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., Feb. 10 | 7:15 PM | Feb. Club Meeting | Community Bank, Elmhurst | Roland Porter 630-655-1890 | 2004 Awards Meeting Awards will be presented for riders having mileage over 1000 miles. |
| Sat., Feb. 12 | 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 dep- endant. House could be used for warming and hot chocolate after ride. |
| Sat. Feb. 12 | 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. Feb.12 | 10:00 AM | 20-25 Miles 14-16 mph avg | Lifetime Fitness Center Schaumburg | Karim Mouline 847-254-5752 | Saturday Morning Fast Ride With SBC About 2 hours, no rest stop unless requested, no one left behind. Start at the Lifetime Fitness Center, front entrance, 900 E. Higgins Rd., Schaumburg. Ride cancelled if it rains, snows, or the highest forecast is < 32F. |
| Sun., Feb. 13 | 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., Feb. 13 | 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., Feb. 13 | 12 Noon 1 PM 1 PM | 15-20 Miles 11-13 mph Second Ride 10-12 Miles 10-12 mph Hike TBD | Marge Ricke's House 16W701 Red Oak, Bensenville | Marge Ricke 630-616-8481 Walter Chlipala Mary Moroney Judy Mikesell | Annual EBC Chili Lunch, Rides and Hike. Ride or hike and then have meat or vegetarian chili at 3 PM. Bring a serving of meat or vegetarian chili to mix in one of the two pots. Call Marge to sign up to bring a side dish, salad, dessert, etc. Directions to Marge's house: Route 83 to Third Ave. / Oak Mead- ows (this is one half mile south of Irving Park Rd. and 1 mile north of Lake St.) East one block to Briar Lane. South on Briar Lane to Red Oak. East on Red Oak to 16W701 Red Oak |
| Tue. Feb. 15 | 9:30 AM | 3 Hour Hike | E. J. Beck Lake FP | Jerry Radek 847-673-8159 | Des Plaines River Trail Hike 294 N. to Dempster. Exit East. Go ¼ mile to Potter (stop light). Turn left, go 1 ¼ miles to Golf Rd. Turn left, go ½ mile to East River Rd. immediately past the I-294 overpass. Turn right, ¾ miles to the light at Central Rd. and straight ahead into the EJ Beck FP. Meet at far end of parking lot. Bring snacks. No outhouses at the start. This is a joint EBC/Evanston Bike Club hike. |
| Wed., Feb. 16 | 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., Feb. 16 | 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. Feb. 19 | 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., Feb. 19 | 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 dep- endant. House could be used for warming and hot chocolate after ride. |
| Sat., Feb. 19 | 10:00 AM | 20-25 Miles 14-16 mph avg | Lifetime Fitness Center Schaumburg | Karim Mouline 847-254-5752 | Saturday Morning Fast Ride With SBC About 2 hours, no rest stop unless requested, no one left behind. Start at the Lifetime Fitness Center, front entrance, 900 E. Higgins Rd., Schaumburg. Ride cancelled if it rains, snows, or the highest forecast is < 32F. |
| Sun., Feb. 20 | 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., Feb. 20 | 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. |
| Wed., Feb. 23 | 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., Feb. 23 | 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., Feb. 25 | 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., Feb. 26 | 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., Feb. 26 | 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., Feb. 26 | 10:00 AM | 20-25 Miles 14-16 mph avg | Lifetime Fitness Center Schaumburg | Karim Mouline 847-254-5752 | Saturday Morning Fast Ride With SBC About 2 hours, no rest stop unless requested, no one left behind. Start at the Lifetime Fitness Center, front entrance, 900 E. Higgins Rd., Schaumburg. Ride cancelled if it rains, snows, or the highest forecast is < 32F. |
| Sun., Feb. 27 | 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., Feb. 27 | 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. |

League of Illinois Bicyclists National Bicycle Month Plates

Happy New Year all EBC'ers



It's that time again to start thinking about individually helping to support the improvement of bicycling in Illinois.

The League of Illinois Bicyclists works to get more and better trails, roads with shoulders, safer roadways and legislative grants to fund cycling improvements.

Please consider spending only \$25 for a set of National Bicycle Month License Plates to do your part to help this sport we all love so much to grow in Illinois

We currently have about 10 members that help with this cause. Wouldn't it be wonderful if we could get that up to 100!

You can download an application at www.bikelib.org or email me at richard@thekuhlman.com and I will send an application back.

Thanks for helping cycling in Illinois.

Sincerely
Richard Kuhlman
League of Illinois Bicyclists
National Bicycle Month License Plate Program
<http://www.bikelib.org>

ATTENTION ALL EASY RIDERS THINK AHEAD TO SPRING PLANNING MEETING WED. MARCH 2

The planning meeting for this year's Wednesday morning rides will be held on Wed. March 2nd. At this time we will plan the Wed. morning rides for the whole year.

The meeting will be held at the home of **Carol Nield**, 6326 Fairview Ave., Downers Grove. The meeting will begin at 11:30 a.m. and will be preceded by a 15 mile bike ride (or a hike if the weather is bad) starting from the same address. Food will be served before the meeting

The Wed morning rides are a very important part of the EBC Schedule. Without our leaders we cannot offer the great variety of rides that so many of our members enjoy.

If you are unable to attend the meeting but would like to lead a Wed. morning ride call 630-964-2488 or Email Carol at 2bike@prodigy.net with the rides you would like to lead.

THE POLKOW CHALLENGE

Dave's challenge last month was to come up with some uses for old tubes and other old bike parts and equipment. Out of one idea submitted to the editor, the winner is:

Run a chain lock through an old tube to keep the chain from scratching things.—**Eric Peterson**

Attaboy, Eric! - Ed.

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,
 THE LEAGUE OF ILLINOIS PRAIRIE PATH,
 LIFE MEMBER ILLINOIS PRAIRIE PATH,
 MEMBER CONSERVATION FOUNDATION,
 RAILS TO TRAILS CONSERVANCY,
 AND ADVENTURE CYCLING.



February, 2005

www.elmhurstbicycling.org

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



SAFETY - 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 this item and much more at:
<http://www.beezodogsplace.com/Pages/EBC-Safety-Series>

2005 UPCOMING EVENTS

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

| Dates | Event | For additional information | |
|--------------|------------------------------|----------------------------|--------------|
| Jan.30-Feb.4 | UP Ski Trip | Ed Curtin | 847 981 1677 |
| Feb. 13 | Chili Mixer Ride/Hike | Marge Ricke | 630 616 8481 |
| April 23 | Earth Day Trail Cleanup | Ray Dal Lago | 630-543-4655 |
| May 14-15 | Bike and Camp | Lew Worthem | 630-835-7270 |
| Jun.25-Jul.2 | WI Dells Self-contained Tour | Mike Struglinski | 708-341-1424 |
| July 4 | Challenging century | Larry Gitchell | 708-409-0105 |

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 gift for you, or someone else, for only \$60. Contact **Susan Solberg** at 630-993-9291 or bikesks@aol.com. (12/04)



Elmhurst Bicycle Club Member Awards

2004

The February club meeting on Thursday February 10, 2005 will feature the 2004 Awards Program We're looking forward to seeing all the Award winners at the meeting to receive their awards and to congratulate other members.

2004 Ride Leaders

Thank you, to all our Ride Leaders. You are the backbone of our great club, and because of your willingness to volunteer as ride leaders, the club was able to set another record in 2004. Club members rode over 149,000 miles. Compared to 1998, when members rode less than 54,000 miles, the EBC has come a long way. Congratulations to all the riders and on behalf of all the members, thank you Ride Leaders.

Ride Leader Jerseys

Awarded to members who lead fifteen or more rides/hikes over a 3 year period with a minimum of two rides/hikes a year.

| | | | | | | | |
|---------------|------|---------------|----|---------------|------|----------------|-----|
| Freda Brown | 40.5 | Joanne DeZur | 23 | Lou Fish | 19 | Larry Gitchell | 140 |
| Petra Hofmann | 33.5 | Marty Kotecki | 46 | Judy Mikesell | 55.5 | Jerry Radek | 22 |

Patches—Awarded to club members who complete at least one club ride each of 25, 50, 62 & 100 miles in one year.

| | | | | |
|---------------|----------------|------------------|---------------|-----------------|
| Frank Amorosi | Joanne Dybala | Rich Kuhlman | Bob Parrilli | Ted Sward |
| Betty Bond | Lou Fish | Kevin McCauley | Eric Peterson | Peter Turula |
| Paul Boyce | Sharon Ganske | Charlie Mikesell | Dave Polkow | Jeanne Whiting |
| Walt Chilpala | Larry Gitchell | Judy Mikesell | Roland Porter | Jeff Wincentzen |
| Bill Coates | Jim Hennig | Carol Nield | Jerry Radek | Lew Worthem |
| Ray Dal Lago | George Hermach | Maureen O'Rourke | Jerry Ringier | Karen Zenisek |
| Joanne Dezur | Steve Josephs | John Park | Al Stanke | |

Mileage T-shirts and Certificates—Awarded to club members who ride 1000 miles or more on club rides.

| | | | | | |
|-----------------|------|------------------|------|------------------|------|
| Peter Turula | 5199 | Mary Moroney | 2305 | Paul Boyce | 1535 |
| Frank Amorosi | 4890 | Sharon Ganske | 2278 | Rich Kuhlman | 1526 |
| Ted Sward | 4261 | Joanne Dybala | 2249 | Mary Jo Bolan | 1405 |
| Lew Worthem | 4223 | Maureen O'Rourke | 2193 | Joanne DeZur | 1404 |
| Larry Gitchell | 4169 | Eric Peterson | 2168 | John Konrad | 1359 |
| Walter Chilpala | 4036 | Kevin McCauley | 2159 | Tracy Gainer | 1358 |
| Lou Fish | 3390 | Earl Weber | 2151 | Chuck Ziemer | 1328 |
| Ray Dal Lago | 3303 | Steve Josephs | 2142 | Bill Coates | 1309 |
| Gerry Fekete | 3225 | Bob Jones | 2130 | Bill Mueller | 1250 |
| Carol Nield | 3183 | Marty Kotecki | 2075 | Carole Danillo | 1250 |
| Roland Porter | 3170 | Jeanne Whiting | 2066 | George Hermach | 1177 |
| Betty Bond | 3094 | Bob Sack | 2040 | Jerry Radek | 1156 |
| Karen Schwartz | 3051 | Jim Hennig | 2033 | Jerry Ringier | 1154 |
| Paul Punchum | 2636 | Bill Schwartz | 2020 | Charlie Mikesell | 1118 |
| David Polkow | 2453 | Jeff Wincentzen | 1760 | Hank Niedballa | 1092 |
| John Park | 2321 | Ellen Weber | 1751 | Helmut Neumann | 1070 |
| Al Stanke | 2326 | Karen Zenisek | 1655 | Joe Prebil | 1024 |
| | | Judy Mikesell | 1017 | Bob Parrilli | 1015 |

Mileage Certificates—Awarded to members who ride between 500 and 999 miles on club rides.

| | | | | | |
|------------------|-----|-----------------|-----|---------------|-----|
| Leo Engstrom | 839 | Harold Lassers | 723 | Ksenia Turula | 595 |
| Pam Lassers | 833 | Mary Sue Coates | 698 | Dave Lyman | 557 |
| Janet Koludrovic | 825 | Fran Jones | 668 | Cindy Reedy | 546 |
| Karim Mouline | 820 | Shirley Ziemer | 640 | Mary Roe | 529 |
| Petra Hofmann | 807 | Freda Brown | 629 | Doug Handzel | 511 |
| Nancy Rice | 798 | Debbie Henke | 613 | Jim Gross | 510 |
| Phil Keller | 774 | Laura Sanborn | 608 | | |

Most Miles by a New Member: Paul Punchum 2636