

Board Members

President

Roland Porter

630-655-1890

Porter411@comcast.net

Vice President /
Ride Captain
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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@sbcglobal.net

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

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lawrenceg11@netzero.net

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630-620-6434
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Sergeant at Arms
Mike Struglinski
708-246-2089

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630-833-1036
mikesell2@juno.com

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

Publicity
OPEN

Refreshments
Mary Roe
630-530-7745
micronette@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

March 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!

The Bike Club That Skis: UP2005



Phil Keller shows some XC style at Ironwood

The UP2005 Ski Trip was the fifth trip for EBC members and guests. We stayed at the Indianhead Motel in Ironwood, MI. The owners, Linda and Morgan, are very gracious hosts and offer a ski package that is very affordable. The first ski trip had 15 skiers. This year **33 skiers** made the trip and had a wonderful time.

Ironwood is located on the Upper Peninsula of Michigan next door to Hurley, WI, and a little south of the lake effect snow machine, Lake Superior. That snow machine is largely responsible for the 200+ inches of snow that falls on Ironwood

each year. There was plenty of snow this year and the conditions starting out were great. As the week went on the temperatures kept rising and by Thursday folks were skiing without jackets. Because of the grooming, the trails were always in excellent shape in the morning.

Evenings always started with a cocktail party followed by dinner at a local restaurant. After dinner, some people took in a movie, went to the local playhouse for a play, went to the casino, went for a hike, or went to the motel lobby for a game of dominos. And those that skied way more than they should have went to their room for some much needed rest.

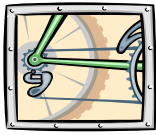
The main destination for XC skiing in Ironwood is ABR Trails. ABR has over 40 km of groomed cross country and snowshoeing trails, and is located just a few miles from the motel. On Monday, our first full day of skiing was at ABR. **Judy Mikesell** put on her new snowshoes, built by her husband **Charlie**, and hiked the entire snowshoe trail. **Peter Turula**, **Phil Keller**, and **Al Stanke** showed up with their special XC ski outfits, knickers and all!

Tuesday most of the skiers went to other venues to ski in the morning. Some went to Miljje's, while others went to Wolverine, then back to ABR in the afternoon. The other venues have great trails also, but ABR has a larger variety of trails to choose from which is why we go there the most.

On Wednesday, a large group went to the Porcupine Mountains. The Porkies is a one hour drive from the motel and offers both downhill and XC skiing.

Thursday everyone was back at ABR for a busy day of lessons and skiing. Lessons on how to skate ski and wax skis were put on by ABR. Brats cooked outside on the grill for lunch, with much skiing and snowshoeing in between, made for a great way to end another terrific UP Ski Trip.

- Ed Curtin



New Links in the Chain
Joining the EBC:

MARTIN L. BECKER
River Forest
martin_becker@lcfs.org

JOHN BUDIN
Schaumburg
luckylouleebudin@aol.com

PATTY and RICK GILL
Riverside
pvgill@earthlink.net

MERIDETH HUSKA
Bloomingdale

NOBUHIKO OSAKA
Elmhurst
n_osaka@hotmail.com

NANCY WAGNER
Mt. Prospect
wagnerdn@msn.com

SUSAN WOLF
Port Byron
s_wolf@qconline.com

MARCH MEETING
See the latest from Cannondale bicycles

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

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



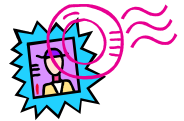
EBC Hotline—630-415-BIKE

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, March 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 April 2005 Ride Schedule is Friday, March 11th. Call Ride Captain **Ray Dal Lago**, 630-543-4655, email **Ray** at dlag10@aol.com (or see **Ray** at the March monthly meeting for the April 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, action photos and want ads. Please limit the length of all items to 1/2 page or less. Remember to keep it interesting, timely, and pithy. 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. It is your input that makes Cue Sheet the best bike club Newsletter anywhere! The submission deadline for the April 2005 Cue Sheet is Monday, March 14th.



Send items to:
Lew Worthem, Newsletter Editor
Phone: 630-834-5281 or 630-835-7270
Email: EBCNews@worthem.com

By the Numbers
As of 2/14/2005

Membership

Type	Memberships	Members
Family	34	85
Individual	113	113
Total	147	198

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

XXV METRO METRIC

Hi, Everybody,

The Silver Jubilee of our club's Metro Metric Invitational Ride will be here before we know it. Be sure to tell all your friends to save the date:

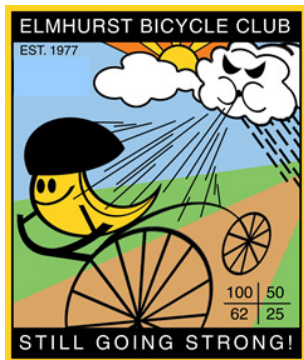
Sunday, July 31, 2005.

We will be riding again in the Hampshire, IL, area with 33, 49, 65 and 100 mile routes.

This is a terrific event with lots of great people, riders, volunteers, routes, food and comradeship. We even know the weather will be great!

We still need many volunteers, so if you can help, please contact **Joanne Dezur**, 630-833-7688, email cyclejoey@sbcglobal.net.

Thank you,
Cheri O'Riordan
Metro Metric Publicity Chair



Easy Riders Spring Planning Meeting Wednesday, March 2

The yearly planning meeting will be held Wednesday, March 2, 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 at 9:30 a.m. Food will be served before the meeting.

The Wednesday morning rides are a very important part of the EBC Schedule. If you are unable to attend the meeting but would like to lead a Wednesday morning ride, call 630-964-2488 or email Carol at 2bike@prodigy.net.

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



We already have twelve campers and six campsites lined up. Don't miss out on the fun!

Visit <http://worthem.com/blackwell> for more information or call **Lew Worthem**, 630-835-7270.

2005 Upcoming Events

Watch for more upcoming events at

http://elmhurstbicycling.org/r_events.asp

Dates	Event	For additional information	
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
Jul. 28-Aug. 11	Hike/Bike Colorado	Karen Schwartz	630-963-6250

Other Events

Mark your calendars with This non-EBC 2005 event



TOMRV, the Tour of the Mississippi River Valley, June 11-12. Join 1,500 cyclists on a scenic 192 mile, two day journey from Iowa, across the river into Illinois and Wisconsin, then back to Iowa. See <http://www.qcbc.org/tomrv>, email lindabarchman@hotmail.com, call 563-388-8043.

TRIRI, Indiana State Parks Touring Ride in Rural Indiana, June 19-25. This ride is similar to GITAP with a maximum of 500 riders. See <http://www.triri.org>, contact **Phil Keller**, philtrains@comcast.net.

Avoid These Long-distance Training Mistakes



For those of us interested in endurance riding, the UltraMarathon Cycling Association says there are five training mistakes to avoid.

Mistake #1: NOT USING SPEEDWORK
You only get faster by riding faster!

Mistake #2: DOING LONG SLOW MILES
The only thing accomplished physiologically by riding slowly is learning how to ride slowly

Mistake #3: DOING THE SAME THING ALL THE TIME
As long as you get in the variety and intensity of training necessary, it really doesn't matter which workout you do on any given day.

Mistake #4: NOT ALLOWING RECOVERY
Make your training time count, but also make your recovery time count. The point is to keep building, ever higher!

Mistake #5: STAYING ON THE BIKE ALL THE TIME
Off-the-bike training should include yoga, Pilates, and/or strength training.

See http://www.ultracycling.com/training/dc_mistakes.html

March 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
Tues., Mar. 1	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride Call if weather looks threatening.
Wed., Mar. 2	9:30 AM	15 miles 10-12 MPH	Carol Nield's House, 6326 Fairview Ave., Downers Grove	Carol Nield 630-964-2488	Wednesday Morning Easy Rider Ride Following the ride, the Wednesday Morning Easy Ride planning meeting will take place at 11:30.
Wed., Mar. 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., Mar. 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.
Thurs., Mar. 3	10:00 AM	30 miles Medium Pace	Soccer Field Peck and Campton Hills Rd., St Charles	Karen and Bill Schwartz 708-334-6250	Moderate pace ride to Maple Park Be prepared for some hills. Call before the ride to check for weather cancellation.
Sat., Mar. 5	9:00 AM	10-40 miles 10-15 mph	6913 Young CT Woodridge	Roman Szczesniak 630-693-7796	Social Ride Ride to Woodridge on paved bike paths and streets. RSVP to discuss the route, streets or path. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Mar. 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., Mar. 5	9:30 AM	20-25 miles 16-18 mph avg.	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 rain, snow or forecast high below 32 degrees F.
Sun., Mar. 6	8:00 AM	20-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	The Medium Speed Ride is back Speed will increase slightly when the time changes. Ride cancelled if rain, wet roads or wind chill below 32 degrees F.
Sun., Mar. 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., Mar. 6	12:00 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., Mar. 6	1:00 PM	Approx. 12-16 mi. 8-10 mph	Depot Villa Park	Kacy Worcester 630-941-8532 630-569-4689	New Adventure Ride Join Kacy for the first New Adventure Ride of 2005. Ride should finish by 3 PM. Call if the weather is questionable. Expect a hike if conditions are not good for cycling.
Tues. Mar. 8	10 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride Call if weather looks threatening.
Wed., Mar. 9	9:30 AM	26-28 miles 10-12 mph	Spring Rock Park	Mary Jo Bolan 630-887-9652	Call if weather is questionable.
Wed., Mar. 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., Mar. 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.
Thurs., Mar. 10	10:00 AM	30 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd., St Charles	Karen and Bill Schwartz 708-334-6250	Moderate pace ride to Maple Park Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., Mar. 10	7:15 PM	March Club Meeting	Community Bank, Elmhurst	Roland Porter 630-655-1890	Monthly Club Meeting All members and guests are invited to attend. Board meeting precedes the club meeting.
Sat., Mar. 12	9:00 AM	10-40 miles 10-15 mph	6913 Young CT Woodridge	Roman Szczesniak 630-693-7796	Social Ride Ride to Woodridge on paved bike paths and streets. RSVP to discuss the route, streets or path. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Mar. 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., Mar. 12	9:30 AM	20-25 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 rain, snow or forecast high below 32 degrees F.
Sun., Mar. 13	8:00 AM	20-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	The Medium Speed Ride Speed will increase slightly when the time changes. Ride cancelled if rain, wet roads or wind chill below 32 degrees F.
Sun., Mar. 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., Mar. 13	12:00 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., Mar. 13	1:00 PM	Approx. 12-16 miles 8-10 mph	Depot Villa Park	Kacy Worcester 630-941-8532 630-569-4689	Join Kacy for a St. Patrick's Day New Adventure Ride Wear green! Ride should finish by 3 PM. Call if the weather is questionable. Expect a hike if conditions are not good for cycling.
Tues., Mar. 15	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride Call if weather looks threatening.
Wed., Mar. 16	9:30 AM	20 miles 10-12 mph	McCullom Park, 67 th and Main, Downers Grove	Carol Nield 630-964- 2488	Ride to Brookeridge Aero Community Call if weather is questionable.
Wed., Mar. 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., Mar. 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.
Thurs., Mar. 17	10:00 AM	30 miles Medium pace	Soccer Field, Peck and Campton Hills Rd., St Charles	Karen and Bill Schwartz 708-334-6250	Moderate pace ride to Maple Park Be prepared for some hills. Call before the ride to check for weather cancellation.
Sat., Mar. 19	9:00 AM	10-40 miles 10-15 mph	6913 Young CT Woodridge	Roman Szczesniak 630-693-7796	Social Ride Ride to Woodridge on paved bike paths and streets. RSVP to discuss the route, streets or path. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Mar. 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., Mar. 19	9:30 AM	20-25 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 rain, snow or forecast high below 32 degrees F.
Sun., Mar. 20	8:00 AM	20-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	The Medium Speed Ride Speed will increase slightly when the time changes. Ride cancelled if rain, wet roads or wind chill below 32 degrees F.
Sun., Mar. 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.
Sun., Mar. 20	12:00 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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Mar. 20	1:00 PM	Approx. 12-16 mi. 8-10 mph	Depot Villa Park	Kacy Worcester 630-941-8532 630-569-4689	New Adventure Ride Join Kacy for a Palm Sunday New Adventure Ride. Ride should finish by 3 PM. Call if the weather is questionable. Expect a hike if conditions are not good for cycling.
Wed., Mar. 23	9:30 AM	30 miles 12-14 mph	Delles Park, Wheaton (west of Carlton)	Lou Fish 630-668-3446	Call if weather is questionable.
Wed., Mar. 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., Mar. 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., Mar. 25	7:00 PM	Monthly Collating Party	Mikesell's House Villa Park	Judy Mikesell 630-833-1036	Newsletter Collating Party Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat., Mar. 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. RSVP to discuss the route, streets or path. Distance weather dependant. House could be used for warming and hot chocolate after ride.
Sat., Mar. 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., Mar. 26	9:30 AM	20-25 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 rain, snow or forecast high below 32 degrees F.
Sun., Mar. 27	8:00 AM	20-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	The Medium Speed Ride Speed will increase slightly when the time changes. Ride cancelled by rain, wet roads or wind chill below 32 degrees F.
Sun., Mar. 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., Mar. 27	12:00 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., Mar. 30	9:30 AM	25-30 miles 10-12 mph	Herrick Lake Forest Preserve Wheaton	Sharon Ganske 630-462-3734	Ride will start in the parking lot on Butterfield Rd. Call if weather is questionable.
Wed., Mar. 30	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., Mar. 30	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.

2004 Awards Night, February 10, 2005

Some of our recipients.

Visit [http://
elmhurstbicycling.org/
m_photos.asp](http://elmhurstbicycling.org/m_photos.asp)
for many more photos.



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

The Bike Club That Hikes!



Is Your Address Label Glowing?

If you received this Cue Sheet with a fluorescent label, it means the membership chairperson hasn't received your dues for renewal, and **this will be your final newsletter**. In order to continue enjoying the benefits of the Elmhurst Bicycle Club, please renew your membership as soon as possible.

Bikes on Metra Update

Illinois Lt. Governor Pat Quinn informs us that HB 467, requiring Metra to allow bikes on board, passed the House Mass Transit Committee on February 10. The bill now goes in front of full House of Representatives. How you can help:



- Get your friends and neighbors to sign the online petition at www.Bike.Illinois.gov.
- Encourage your legislators to support HB 467. Contact information is available at www.ilga.gov.

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: The club has for sale brand new EBC club jerseys, women's SM and XL, and a men's L. \$67.25 each. Contact **Roland Porter**, 630-655-1890, porter411@comcast.net.

For Sale: Brand new Exustar SPD cycling sandals, the ultimate in cycling comfort! Black with gray soles, size 41/42 (U.S. size 8/9), photo at <http://www.exustar.com/sandals.htm>. Contact **Lew Worthem** at 630-835-7270, Lew@worthem.com. (03/05)