

## 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@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

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

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**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  
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](http://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

## April 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!

## Hartley's Tire Repair Clinic for EBC

Ken Hartley will repeat his popular hands-on tire repair clinic on Tuesday, April 12, at 7:00 p.m. The location is **Hartley's Cycle Shoppe**, 24 W. Hinsdale Ave., Hinsdale. Wine and cheese will be served, and Hartley's will offer a 10 percent storewide discount on any items purchased that evening, bicycles included. This is an exclusive event for EBC members - both men and women - and advance registration is required. Registration is limited to the first 14 people who respond. To sign up, contact **Roland Porter** at [porter411@comcast.net](mailto:porter411@comcast.net) or 630-308-1890. Sorry, walk-ins cannot be accommodated.



## XXV METRO METRIC

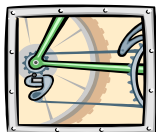
So far everything is moving along as planned we have just gotten confirmation from our radio men. Your chairmen will start calling for volunteers in April, so if you worked last year please make their jobs easier and volunteer to help at the same spot again.

If you are new to the Elmhurst Bicycle Club, you should know this is our only money maker which allows us to make needed donations to bicycle advocates, worthy bicycle charities, and to keep our membership dues at a reasonable amount. There are many positions involved with putting together an invitational and all we ask for is your time. For your effort you will get the 2005 Metro Metric shirt, a few hours of a lot of fun, and many, many smiles and compliments from the riders.

Don't forget: The week before the event we ride all the routes of the Metro Metric, so if you volunteer to help on **July 31, 2005**, you still have the opportunity to ride.

**Joanne (cyclejoey) Dezur**, Metro Metric Chairman





## New Links in the Chain Joining the EBC

**CHERYL MURPHY &  
DAVID CHUCHRO**  
Naperville  
cmu669@wideopenwest.com

**ROBERT MURPHY**  
Glen Ellyn  
remurphy3@yahoo.com

**LEE NYE**  
Naperville  
lmnye@wideopenwest.com

**BILL ZIELKE**  
Downers Grove  
zielkewe@hotmail.com

### By the Numbers As of 3/22/2005

Type	Membership	
	Memberships	Members
Family	35	87
Individual	116	116
Total	151	203

### Year-to-date Club Miles

2005	7,551
2004	6,010

### 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](mailto:cycling33@comcast.net)

### Ride Captain Limerick

There once was a cyclist from Nantocket  
Who was having trouble with her sprocket.  
She didn't panic,  
She called her mechanic,  
Who had the answer in his pocket!

-Ray Dal Lago



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## APRIL MEETING Deb Fagan, DuPage County Trail System Coordinator

Thursday, April 14, 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](mailto:dlag10@aol.com).  
EBC Website [www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)

### Collating Party

Friday, April 22nd 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 May 2005 Ride Schedule is Friday, April 15th. Call Ride Captain **Ray Dal Lago**, **630-543-4655**, email **Ray** at [dlag10@aol.com](mailto:dlag10@aol.com) (or see **Ray** at the April monthly meeting for the May 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](http://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 May 2005 Cue Sheet is Friday, April 15th.

Send items to:  
**Lew Worthem**, Newsletter Editor  
Phone: 630-834-5281 or 630-835-7270  
Email: [EBCNews@worthem.com](mailto:EBCNews@worthem.com)



## EBC SUMMER PICNIC Save the Date! Saturday, August 27 York Woods

## Use the Cue Sheets on the Website!

What's keeping you from leading a ride? Is it just that you don't have the time to develop a route? Then please use one of the cue sheets on the club website ([www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)).



They are located in the "Members Pages" section, under "Ride Leaders Info." Or if you use the bottom menu on the website, just click on "Cue Sheets."

No computer access? No problem. Contact the Ride Captain, **Ray Dal Lago**, for hard copies of these and other routes.

Do you want to help with the website cue sheets page?

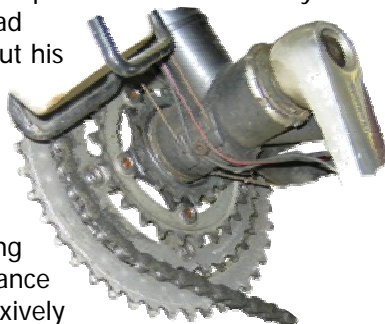
- If you use a cue sheet from the website, please let us know if there are any errors or changes that should be made.
- If you have a good route that you would like made available to all ride leaders, send it to us so we can add it to the website.
- If you want a good route to a specific area, let us know and we'll find one and add it.

**Cindy Reedy**  
**Sharon Ganske**

## Tourer John Ayres Speaks at March Meeting



At our March meeting, accomplished traveler John Ayres (above, right) of Indian Head Park spoke to the EBC about his cycling adventures in New Zealand, Tasmania, and the U.S. What's the most frightening thing about cycling in a country like New Zealand? According to John, aside from the chance of food poisoning, it's reflexively veering to the right when there's a road hazard — right into the oncoming traffic!



*Yes, that's a quadruple crank on John's Bruce Gordon Rock 'n Road expedition touring bike. Hills, anyone?*

## Madison, WI, Memorial Day Weekend

Mark your calendars for the Madison Memorial Day Weekend! I'm planning another series of rides in and around Wisconsin's terrific capitol city May 28-30. We'll explore roads and trails, and make the traditional BratFest visit - maybe more than once! Routes will be primarily paved, possibly veering onto dirt occasionally, and will contain hills! Look for hotel and start location information in the May Cue Sheet.



**Larry Gitchell, LarsofMars@aol.com**  
(708) 409-0105 (H), (708) 421-0120 (C)

## 2005 Upcoming Events

Watch for more upcoming events at

[http://elmhurstbicycling.org/r\\_events.asp](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

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

We have thirteen campers lined up, but there's room for more. Newbies and experienced bike campers are all welcome!



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

## Boub and Bikes on Metra Update

Beginning in June, Metra plans to allow bicycles on non-rush hour trains. The Metra board had for a long while resisted any such change, but the handwriting was on the wall after the Illinois House of Representatives passed similar legislation by a vote of 114-0.

The Metra proposal has many restrictions and limitations, but Illinois cyclists should take heart at their ability to make themselves heard.

In other governmental affairs, the Illinois legislature is considering legislation to reverse the infamous *Boub v. Wayne* court decision, which ruled that municipalities are not liable for injuries to cyclists, even if there is extreme negligence, unless there are bike lane signs present. Please contact your representatives and urge them to support HB2390. See <http://www.bikelib.org> for more information.

# April 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., Apr. 2	9:00 AM	45 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>Chicago Bike Show/Navy Pier</b> Visit Bike Show and Navy Pier. City street ride, some heavy traffic possible. Bring money for show admission, lock and a way to carry your purchases.
Sat., Apr. 2	9:00 AM	10-40 miles 10-15 mph	6913 Young CT Woodridge	Roman Szczesniak 630-693-7796	<b>Social Ride</b> Ride to Woodridge on paved bike paths and streets. Please RSVP to discuss the planned route, streets or path. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Apr. 2	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine the ride leader, distance and pace.
Sun., Apr. 3	8:00 AM	20-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	<b>Sunday Medium Speed Ride</b> Ride cancelled by rain, wet roads or wind chill below 32 degrees F.
Sun., Apr. 3	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., Apr. 3	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., Apr. 3	12:00 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will decide ride leader, distance and pace.
Mon., Apr. 4	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride is Back!</b> Explore the roads and trails of east DuPage and west Cook counties. Mostly road-bike friendly, but occasionally off pavement.
Tues., Apr. 5	9:30 AM	16-18 miles 8-10 mph	Fullersburg Woods Parking Lot	Mary Jo Bolan 630-887-9652	<b>New Adventure Ride</b> All road ride. Coffee stop at Panera Bread.
Tues., Apr. 5	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride. Call if weather looks threatening.
Wed., Apr. 6	9:00 AM	35 miles 12-14 mph	Spring Rock Park	Gerry Fekete 708-352-0913	<b>Spring Rock Park, Argonne and Beyond</b> All road ride. Bring snacks.
Wed., Apr. 6	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Apr. 6	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders that show	<b>Wednesday Night Fast Pace Show n Go</b> The riders that show will determine the leader, distance and pace. Lights are needed.
Thurs., Apr. 7	10:00 AM	30 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Karen and Bill Schwartz 708-334-6250	<b>Moderate Pace Ride to Maple Park</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Sat., Apr. 9	9:00 AM	10-40 miles 10-15 mph	6913 Young CT Woodridge	Roman Szczesniak 630-693-7796	<b>Social Ride</b> Ride to Woodridge on paved bike paths and streets. Please RSVP to discuss the planned route, streets or path. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Apr. 9	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace.

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

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Apr. 9	8:30 AM	30-35 miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Joint Ride With SBC</b> 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 by rain, snow or forecast high below 32 degrees F.
Sun., Apr. 10	8:00 AM	20-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	<b>The Medium Speed Ride</b> Ride cancelled by rain, wet roads or wind chill below 32 degrees F.
Sun., Apr. 10	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., Apr. 10	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., Apr. 10	12:00 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will decide ride leader, distance and pace.
Mon., Apr. 11	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Explore the roads and trails of east DuPage and west Cook counties. Mostly road-bike friendly, but occasionally off pavement.
Tues., Apr. 12	9:30 AM	20 miles 8-10 mph	McCullum Park Downers Grove	Carol Nield 630-964-2488	<b>Ride to Ty Warner Park and Beyond</b> Bring snacks.
Tues., Apr. 12	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	<b>Moderate pace ride</b> Call if weather looks threatening.
Wed., Apr. 13	9:00 AM	30 miles 12-14 mph	Tampier Lake Boat Rental Parking Lot	Leo Engstrom 708-598-6930	<b>Ride to Pilcher Park</b> Road ride. Bring snacks. Directions: Rt. 83 south, merge with Rt. 171, stay on Rt. 171, left at Bell Rd., left on 131 <sup>st</sup> St., two miles to parking lot (right side of road)
Wed., Apr. 13	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Apr. 13	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn- Kuhlman 630-462-5427	<b>Wednesday Night Ride</b> Two hour ride, possible brief stop. Light needed.
Thurs., Apr. 14	9:00 AM	17 miles 10-12 mph	Spring Rock Park	Cindy Reedy 630-530-1250 630-234-1349	<b>Ride to Harvester Park</b> Website ride using and verifying a cue sheet from the EBC website.
Thurs., Apr. 14	10:00 AM	30 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd., St Charles	Karen and Bill Schwartz 708-334-6250	<b>Moderate Pace Ride to Maple Park</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., Apr. 14	7:15 PM	April Club Meeting	Community Bank, Elmhurst	Roland Porter 630-655-1890	<b>Monthly Club Meeting</b> All members and guests are invited to attend. Board meeting precedes the club meeting.
Fri., Apr. 15	6:00 PM	10-12 miles 10-12 mph	Ty Warner Parking Lot, SW corner of Plaza and Black- hawk Westmont	Judy Mikesell 630-833-1036, 630-290-2675 the day of the ride	<b>Ethnic Dinner Ride</b> Ride for about an hour and then enjoy dinner at a local independent ethnic restaurant. Bring light, lock and money.
Sat., Apr. 16	9:00 AM	10-40 miles 10-15 mph	6913 Young CT Woodridge	Roman Szczesniak 630-693-7796	<b>Social Ride</b> Ride on Woodridge paved bike paths and streets. RSVP to discuss the planned route, streets or path. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Apr. 16	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go</b> The riders that show will determine the ride leader, distance and pace.
Sat., Apr. 16	8:30 AM	30-35 miles 16-18 mph	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Joint Ride With SBC</b> 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 by rain, snow or forecast high below 32 degrees F.
Sun., Apr. 17	8:00 AM	20-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	<b>The Medium Speed Ride</b> Ride cancelled by rain, wet roads or wind chill below 32 degrees F.
Sun., Apr. 17	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., Apr. 17	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Apr. 17	12:00 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go</b> The riders that show will decide ride leader, distance and pace.
Sun., Apr. 17	1:00 PM	15-20 miles 8-10 mph	Depot Villa Park	Kacy Worcester 630-941-8532 630-569-4689	<b>New Adventure Ride</b> Join Kacy for a spring ride. Ride should finish by 3 PM. Call if the weather is questionable. Expect a hike if conditions are not good for cycling.
Mon., Apr. 18	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Explore the roads and trails of east DuPage and west Cook counties. Mostly road-bike friendly, but occasionally off pavement.
Tues., Apr. 19	9:30 AM	18 miles 8-10 mph	Depot Elmhurst	Joanne Dezur 630-833-7688	<b>Wood Dale Woods</b> Bring snacks
Wed., Apr. 20	9:00 AM	30 miles 10-12 mph	Spring Rock Park	John Jacus 630-323-8668	<b>Surprise #1</b>
Wed., Apr. 20	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Apr. 20	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders that show	<b>Wednesday Night Ride</b> Two hour ride, possible brief stop. Light needed.
Thurs., Apr. 21	6:00 PM	3 Mile Hike	Spring Brook Nature Center Itasca	Jeanne Whiting 630-669-8863	Walk for an hour at a moderate pace on the trails at the Nature Center. Two mile trail, some loops repeated. Directions: Irving Park Rd. to Maple, south one block then west on Grove to Nature Center.
Fri., Apr. 22	6:00 PM	15-20 miles 10-12 mph	Depot Villa Park	Jeanne Whiting 630-669-8863	<b>Friday Night Fish Fry Ride</b> Bike to Two Chefs in Wood Dale for dinner. Other menu options available. Bring light, lock, money.
Fri., Apr. 22	7:00 PM	Monthly Collating Party	Mikesell's House Villa Park	Judy Mikesell 630-833-1036	<b>Newsletter Collating Party</b> Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat., Apr. 23	9:00 AM	10-40 miles 10-15 mph	6913 Young Court Woodridge	Roman Szczesniak 630-963-7796	<b>Social Ride</b> Ride on Woodridge paved bike paths and streets. RSVP to discuss the planned route, streets or path. Distance weather dependent. House could be used for warming and hot chocolate after ride.
Sat., Apr. 23	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace.
Sun., Apr. 24	8:00 AM	20-30 miles 10-12 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	<b>The Medium Speed Ride</b> Ride cancelled by rain, wet roads or wind chill below 32 degrees F.
Sun., Apr. 24	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., Apr. 24	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., Apr. 24	12:00 Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go</b> The riders that show will decide ride leader, distance and pace.
Mon., Apr. 25	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Explore the roads and trails of east DuPage and west Cook counties. Mostly road-bike friendly, but occasionally off pavement.
Tues., Apr. 26	9:00 AM	19 miles 8-10 mph	Spring Rock Park	Gerry Fekete 708-352-0913	<b>New Adventure Ride</b> Ride to Riverside and stop for coffee.
Wed., Apr. 27	9:30 AM	36-40 miles 12-14 mph	Waterfall Glen North Parking Lot	Mary Jo Bolan 630-887-9652	<b>Ride to R-B Restaurant for Lunch</b> All road ride. Bring money and lock.
Wed., Apr. 27	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Apr. 27	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders that show	<b>Wednesday Night Ride</b> Two hour ride, possible brief stop. Light needed.
Thurs. Apr. 28	6:00 PM	3 mile hike	Meacham Grove, (east) Bloomingdale	Jeanne Whiting 630-669-8863	<b>Wildflower Walk</b> Walk to the west side of Meacham to check out the wildflowers. Directions: take Lake St. to Circle, north on Circle. Parking lot is on west side of Circle.
Sat., Apr. 30	8:30 AM	30-35 miles 16-18 mph	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Joint Ride With SBC</b> 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 by rain, snow or forecast high below 32 degrees F.

## Directions to ride starting locations

Starting Point	Directions
<b>Community Bank of Elmhurst Elmhurst, IL</b>	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.
<b>Depot Elmhurst, IL</b>	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.
<b>Gazebo Glen Ellyn, IL</b>	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.
<b>McCollum Park Downers Grove, IL</b>	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
<b>Spring Rock Park Western Springs, IL</b>	Spring Rock Park is located at 47 <sup>th</sup> Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
<b>Villa Park Depot, Villa Park, IL</b>	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.
<b>Volunteer Park Wheaton, IL</b>	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.
<b>Waterfall Glen Forest Preserve Darien, IL</b>	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.
<b>Panera Bread Elmhurst, IL</b>	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.
<b>Parking Lot at Maple and Park Lombard, IL</b>	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](http://www.elmhurstbicycling.org)

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



*Congrats to Dave Polkow (standing 4th from left) and his Sunday Morning "Fast" Riders for 104 consecutive weekly rides!*

**Cue Sheet** will publish your **WANT ADS**—free!

E-mail **Lew Worthem** at [EBCNews@worthem.com](mailto: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:** One pair of ladies black Hytest hiking boots w/gore-tex, size 7. Only worn twice. Retail \$85,.paid \$40,.best offer. Email **Susan Sperrl, BchlrBttn@aol.com.** (04/05)

**For Sale:** The club has for sale brand new EBC club jerseys, women's SM and XL. \$67.25 each. Contact **Roland Porter, 630-655-1890, porter411@comcast.net.** (03/05)

**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](mailto:Lew@worthem.com). (03/05)