

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

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
John Park
630-690-2881
john1park@comcast.net

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

May 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!

Mallorca Training Camp, Part I by Rich Kuhlman



In my first article on spring training cycling camps I will look at the structure and interactions that make up a camp. In the next I will look at the riding and training regimens. I attended two camps this spring both on the Island of Mallorca off the Spanish coast in the Mediterranean Sea. In February, March and April as many as 18,000 cyclists are training on Mallorca at any given

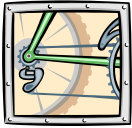
time. Riders ranging from recreational amateurs such as myself through elite college and country teams up to Division I Pro teams with well-known names. The Telecom, Banesto and Rabobank pro teams have their year round training camps based here. Why Mallorca? Mild spring weather, endless hill and close proximity for the Europeans are the main reasons. Well so much for being star struck.

Retired elite level cyclists ran both of the camps I attended. The first was run by Robbie Ventura, a former US Postal Service Team Pro, with VisionQuest Coaching Services and the second by Stephen Roche, former Tour de France winner, with the Stephen Roach Cycling Camp. Late on a gray February day I met at O'Hare with 30+ cyclists that would be my constant companions for the next 8 days. The first thing I noticed about "camp" was the businesslike nature of the operation. We were given a packet detailing the planned workouts for each day as well as our meeting schedules and most importantly our massage schedule. After all, if we were going to train like the pros, we should be treated like one. This wasn't going to be a fun organized ride though. We were here for a single purpose and that was to train hard and get stronger. Most of the riders at O'Hare are involved in some form of amateur racing. We created quite a little chaos at security with 30 some big bike boxes plus assorted luggage. Once finally loaded on the plane the conversation turned to racing, the upcoming season and what to expect over the next week. Like me, most of the riders were traveling to Mallorca for the first time.

After an uneventful flight we arrived in Madrid, transferred to our Mallorca flight and arrived at our destination about 12 hours after meeting at O'Hare. Now the fun was to begin. We were met by two buses; one with a trailer for the bike boxes and the other whisked off to our hotel. We had a little over an hour to get organized and to be ready for our first ride. While we unpacked, the camp mechanics unpacked and assembled our bikes for us. We had a short meeting before riding to discuss the route, the three groups we were breaking into and our workout plans for the ride; which I will write more about in my next article. (continued on page 4)



No, it's not a bike shop: It's the bike locker at the hotel.



New Links in the Chain
Joining the EBC

JIM SALSBUURY
WHEATON
Jim.Salsbury@mitutoyo.com

ARMANDO M. VALERIO
ELMHURST
avcyclist100m@hotmail.com

BOB & LOU SCHILLER
WOODRIDGE
cycle_lou41@hotmail.com

By the Numbers
As of 4/18/2005

Type	Membership	
	Memberships	Members
Family	43	108
Individual	133	133
Total	176	241

Year-to-date Club Miles

2005	15,543
2004	12,535

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

Ride Captain Limerick

I've taken a number of bikes for a spin
That gave me goose bumps on my chinny-chin-chin.
They all have great meaning
To my mental being,
My Basso, my Fuji, Mondia and Schwinn.

-Ray Dal Lago



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

MAY MEETING
Guest Speaker Laurie Page:
Nutrition for Cyclists

Thursday, May 12, 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, May 27th, 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 June 2005 Ride Schedule is Friday, May 13th. Call Ride Captain **Ray Dal Lago**, **630-543-4655**, email **Ray** at dlag10@aol.com (or see **Ray** at the May 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. 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.

Please, you must not cancel a scheduled ride solely by means of the list server unless there are very extenuating circumstances. If you cannot attend a ride that you have scheduled, then you must arrange for a substitute ride leader. Of course, sometimes this will not be possible, but do your best to be considerate to your fellow members.

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!

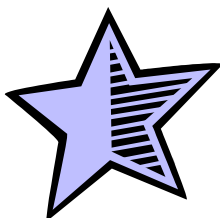
The submission deadline for the June 2005
Cue Sheet is Friday, May 13th.

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



Be a STAR!

If you have strong legs and eyes like a hawk, consider joining the DuPage County Sheriff's Trailwatchers Are Responding program.



While out strolling during the warmer months, STAR volunteers report suspicious activity on the Prairie Path or the Great Western Trail and assist trail users. Volunteers are not required to spend any more time on the paths than they normally do, said Sheriff John Zaruba.

Anyone who uses the county trail system is eligible to volunteer, and applicants must be at least 21, pass a background investigation and participate in a short training class. All you need to do is send an email to the DuPage County Sheriff's office at sheriff@dupageco.org or call 630-407-2400.

They will send you an application and once you are approved (they approved me so anyone should be approved) you will get some information about the program and a nice t-shirt you can wear while you are out and about on the trails. It is easy and you will help the trails immeasurably by letting people know you are watching and protecting our trails. We need your help especially in these warm weather months when illegal activities (including vandalism to amenities on the trails unfortunately) are more likely to occur.

Don Kirchenberg, 630-682-9297

For more info about the trails:

IL Prairie Path info is available at <http://www.ipp.org>

For a trail map:

<http://www.vprd.org/parks/prpth2.htm>

Great Western Trail info is available at the following webpage:

<http://hometown.aol.com/frndsgrtwstntrl/myhomepage/business.html>

League of Illinois Bicyclists Unveils "Complete Streets" Website:

An easy way to comment on upcoming roadwork near you

Do you want more bike-friendly roads in EBC's biking area? Be a "squeaky wheel" and ask for them! No need to hunt down what roadwork is being planned – simply visit <http://www.bikelib.org/completestreets>, answer a few brief questions, and LIB handles it from there.

What is the goal of the Complete Streets website? To give folks an easy way to speak up for better bicycling and walking conditions, when road projects are being designed. Many of us get frustrated when road construction does not improve conditions, often worsening them. The time to improve the design is early, when it is easier (and cheaper) for the road-building agency. Through this website, you can help show the demand and suggest what should be done.

What do I do? It's easy – go to the website, look at our maps, click on a road project to learn about it, type in your comments, and click submit. LIB has filtered lists of upcoming projects down to those early enough in the process and with an appropriate scope of work (widening; reconstruction; shoulder work; some resurfacing projects).

What happens after I submit a survey? Your responses go to LIB. We add a cover letter explaining the survey, and asking that your comments be considered and added to the official project record. We send it to the head of the appropriate road-building agency and to the elected official in charge.

2005 Upcoming Events

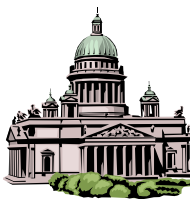
Watch for more upcoming events at http://elmhurstbicycling.org/r_events.asp

Dates	Event	For additional information	
Jun.25-Jul.2	WI Dells self-contained Tour	Mike Struglinski	708-341-1424
July 4	Challenging century	Larry Gitchell	708-409-0105
Aug. 1-Aug. 11	Bike Colorado	Karen Schwartz	630-963-6250
Aug. 27	EBC summer picnic	Phil Keller	630-964-5795
Sept. 5	"Humdinger to Hampshire" century ride	Betty Bond	630-932-0271
Sept. 7-13	Central Illinois self-contained tour	Carole Danillo	630-495-8162

BOUB BILL PASSES ILLINOIS HOUSE!

Thank You to Everyone Who Made a Difference

House Bill 2390 passed the Illinois House of Representatives April 16 with 60 votes, the minimum required. Thank you! Every phone call made a difference. At least a dozen undecided votes were turned to our cause because of last-minute efforts.



We urge you to continue contacting your representatives. Your follow-up calls now will help lay the groundwork to pass other bicycle legislation that is approaching.

If they voted "yes," please call and thank them while noting that you are looking forward to working together on future bicycle legislation. If they voted "no," please call and thank them for their consideration while noting you hope to be able to work together successfully on future bicycle legislation.

Whether your representative voted "yes" or "no," follow-up calls and building relationships is critical as other important bicycle legislation approaches the House.

View <http://tinyurl.com/dpmem> to see how your representative voted on House Bill 2390. View <http://tinyurl.com/93j7q> to find out your representative's contact information. View <http://www.bikelib.org> to see other current Illinois bicycle legislation.

Thanks again sincerely for the work of House Bill 2390 sponsors, Elaine Nekritz (D-Des Plaines) and Randy Hultgren (R-Winfield), and the efforts of bike clubs, bike shops and many citizens. Illinois now has a chance to rejoin every other state in upholding bicyclists as "intended and permitted" users of roads with all of the safety and liability protections afforded to other vehicles.

For full details on how HB2390 will help bicyclists in Illinois, visit <http://www.tinyurl.com/buquv>.

Mike Incopero, EBC Advocacy

West Central Illinois Self-contained Tour this September

I have a self-contained bike trip planned which I think will be very enjoyable both for the scenery and the history of the area. We will explore west central Illinois.

I plan to leave Jubilee College State Park, near Peoria on Sept. 7 and ride to Galesburg, Oquawka, Nauvoo, Quincy, Beardstown, Havana and back to Jubilee. The trip will take seven days. The daily mileage will average 50, allowing us to spend some time exploring the history of the area. There are some hills, but plenty of flats to recover on.

We will stay at state parks, city campgrounds, a private campground and one motel. There will be showers in all the campgrounds except the last night, but there is running water.

If you are interested in doing this self-contained trip, please email me at cdanillo@juno.com.

Carole Danillo



Madison Memorial Day Weekend

Larry Gitchell provides more details for his three rides:

A block of rooms has been set aside for the Memorial weekend ride at the Hampton Inn West. To make your reservation call 800-426-7866 and use confirmation number 88163920. Five rooms with 2 double beds and five rooms with 1 king size beds are in the block. The rate is \$89.10 using an AARP discount. The motel has a large complimentary deluxe continental breakfast, with over 25 items to choose from.

Planned Rides:

Saturday - Madison to Stoughton and back, starting at Olin-Turville Park. This ride has HILLS! All-pavement route, mostly on the back roads. We will have a short stretch on the shoulder of a busier highway. Lunch or snack stop in downtown Stoughton. There are no services between the time we leave Madison and the time we arrive in Stoughton, so bring snacks and water!

Sunday - Mount Horeb Mustard Museum ride. We'll start from the Hampton Inn and take a trip on the Military Ridge Trail to visit the world-famous Mustard Museum. About 1/3 pavement, 2/3 crushed limestone. A few hills. Purchase of State Trail Pass required for the Military Ridge Trail.

Monday - Around Lake Mendota, with Bratwurst. Circle the lake via the UW campus, out into the farmlands, and then back into town for the traditional Bratfest visit. 95% pavement, one stretch of unpaved trail through campus. Some hills, including 3 miles mostly uphill back to the hotel at the end. (Think of it as the Bratwurst Challenge!)

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

Mallorca Training Camp (Continued from page 1)

I will say that after 12 hours of flying our easiest day of riding, 40 hilly miles, was tough.

Changing gears to the "social" aspects of camp, the food, accommodations and service were top notch. Breakfast was a typical European buffet spread with fruit, cereal, meats, cheeses, cooked eggs, sausages and bacon, yoghurt, breads of all types along with all the coffee and juice we could drink. We would all drift in around eight AM when the buffet opened and sit in small groups to carb up for the day. One unique thing about breakfast was the baggies that were supplied to make sandwiches, take cookies and fruit to stuff in our jerseys to eat on the ride. Typically we would not put a foot on the ground for the next 2-3 hours out of a 3-4-hour ride. We had a team car with us that had water and we usually made one stop for nature and to refill bottles if needed.

We were back at our hotel by one o'clock at the latest and then free until dinner and our 9:00 PM team meeting. Usually we would walk into town in groups, grab a beer and baguette for lunch, check our e-mail and relax until dinner. Most stores closed around one and reopened at five o'clock after the Spanish siesta so there was little to do but relax, with massages scheduled from 3:00 to 6:00 PM.

Dinners were served buffet style between 7:00 through 10:00 PM and what an extravaganza of food! Typical was a huge salad selection, at least four cooked meats, several types of fresh seafood and shellfish as well as different Spanish Paellas each night. And did I forget to mention a desert table to die for? Unlimited wine, water, soda and beer were included with dinner. After dinner we would head off to our team meeting to recap the day and discuss the next day's program. On three nights we had a presentation by Alan Lim, world-renowned sports physiologist from the University of Colorado on race conditioning and training. After a long day most of us would be ready for bed trying to recover enough to get through the next day. The younger riders would head back into town to sample some of the famous Spanish nightlife.

My second camp with the Stephen Roche group was similar but less structured. Breakfast and dinner were with the camp group and we usually sat with different groups of cyclists at large round tables. Groups that came to camp together usually sat together. This was a more international camp with Brits, French, Irish and Americans making up the bulk of the riders. There was only one organizational meeting before dinner on the first night. Aside from having to book and pay for our own massages most of the differences were in the rides.

More to come next month...

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

Share your bicycling stories around the campfire with us. This is the last call to get on board! Visit

<http://worthem.com/blackwell>
for more information or call

Lew Worthem,
630-835-7270.



May 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., May 1	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	Sunday Slo Pol Ride Ride will end no later than 11 AM. Canceled by rain or wet roads.
Sun., May 1	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., May 1	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Sunday Morning Very Fast Ride A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., May 1	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.
Mon., May 2	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride is Back! Explore the roads and trails of east DuPage and west Cook counties. Mostly road-bike friendly, but occasionally off pavement.
Tues. May 3	9:00 AM	19-20 miles 8-10 mph	Katherine Legge Memorial Park Hinsdale	John Jacus 630-323-8668	New Adventure Ride Surprise #2 Join John for another of his "surprise rides".
Tues., May 3	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride. Call if weather looks threatening.
Wed., May 4	9:30 AM	20-25 miles 10-12 mph	Spring Rock Park	Vicki Pate 630-655-4698	Winding to Willowbrook Stop at Caribou Coffee Shop
Wed., May 4	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., May 4	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.
Wed., May 4	7:00 PM	Distance TBD 12-14 mph	McCullum Park Downers Grove	Mike Struglinski 708-246-2089	Wednesday Night South Ride Join Mike for a ride followed by dinner. Lights needed.
Thurs., May 5	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., May 5	6:00 PM	3 miles Medium Pace	Wood Dale Grove Forest Preserve Addison	Jeanne Whiting 630-669-8863	Hike Wood Dale Grove Forest Preserve in Addison. Meet in the parking lot east of Villa Rd., south of Lake St., north of 3rd
Fri., May 6	6:00 PM	20 miles 11-13 mph	Parking lot at Maple St. and Park Ave., Lombard	Jeanne Whiting 630-669-8863	Friday Night Fish Fry Ride Ride to local restaurant featuring a Friday night fish fry. Bring lights, lock, money.
Sat., May 7	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., May 7	8:30 AM	30-35 miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Joint Ride With SBC We'll finish before 11:00 AM 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 canceled by rain.
Sat., May 7	10:00 AM	3 miles	Messenger Woods Forest Preserve	George Hermach 630-717-1660	Wildflower Photography Hike George will lead a leisurely hike to enjoy and photograph various spring wildflowers. Hiking boots recommended.
Sun., May 8	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	Sunday Slo Pol Ride Ride will end no later than 11 AM. Canceled by rain or wet roads.

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
Sun., May 8	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., May 8	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Sunday Morning Very Fast Ride A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., May 8	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.
Mon., May 9	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride Explore the roads and trails of east DuPage and west Cook counties. Mostly road-bike friendly, but occasionally off pavement.
Tues., May 10	9:00 AM	18-20 miles 8-10 mph	Spring Rock Park	Mary Jo Bolan 630-887-9652	New Adventure Ride All road or paved trail ride. Bring snacks.
Tues., May 10	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride. Call if weather looks threatening.
Wed., May 11	9:00 AM	30 miles 12-14 mph	Channahon Trail Parking Lot	Leo Engstrom 708-598-6930	Ride To Morris Road ride out, trail ride back. Bring snacks. Directions: I-55 south, Route 6 west about 2 miles, south on Canal St. to Channahon Trail parking lot
Wed., May 11	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., May 11	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Ride Two hour ride, possible brief stop. Light needed.
Wed., May 11	7:00 PM	Distance TBD 12-14 mph	McCullum Park Downers Grove	Mike Struglinski 708-246-2089	Wednesday Night South Ride Join Mike for a ride followed by dinner. Lights needed.
Thurs., May 12	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., May 12	7:15 PM		Community Bank Elmhurst	Roland Porter 630-655-1890	Monthly Club Meeting Board meeting precedes club meeting
Fri., May 13	9:00 AM	35 miles 12-14 mph	Busse Woods	Dick Diebold 847-891-6010	Ride to Deer Grove All paved, ½ road, ½ paths. Meet at first parking lot on Biesner off of Biesterfeld Rd.
Sat., May 14	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., May 14	8:30 AM	30-35 miles 16-18 mph	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Joint Ride With SBC We'll finish before 11:00 AM 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 canceled by rain, snow or forecast high below 32 degrees F.
Sat., May 14	8:30 AM	55 miles 15-18 mph	Busse Woods	Tracy Gainer 630-250-9433	Ride to Algonquin All road ride through Hoffman Estates, Barrington, Inverness and more. Some hills. Rest stop in Algonquin. Meet in parking lot south of Higgins Rd., first entrance on right just east of 290/53.
Sat./Sun., May 14-15	3:30 PM	35 miles 8-12 mph	Lew's House 320 Hillside Elmhurst	Lew Worthem 630-835-7270	Bike and Camp Self-supported overnight camping in Blackwell Forest Preserve in Warrenville. Road and trails. Riders and campers of all abilities welcome. See http://worthem.com/blackwell for details and directions or call Lew.
Sun., May 15	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	Sunday Slo PoI Ride Ride will end no later than 11 AM. Canceled by rain or wet roads.
Sun., May 15	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., May 15	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Sunday Morning Very Fast Ride A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., May 15	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., May 15	TBD	TBD	TBD	Walt Chlipala 630-832-9390	Lombard Lilac Parade March Follow Walt in one of the best parades in the suburbs.
Mon., May 16	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride Explore the roads and trails of east DuPage and west Cook counties. Mostly road-bike friendly, but occasionally off pavement.

Date	Time	Distance	Start	Ride Leader	Ride Description
Tues., May 17	9:00 AM	16-20 miles 8-10 mph	Depot Elmhurst	Joanne Dezur 630-833-7688	New Adventure Ride Two bridges toward Oak Brook. Bring snacks.
Tues., May 17	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride. Call if weather looks threatening.
Wed., May 18	9:00 AM	30 miles 12-14 mph	Madison Meadow Wilson Ave. entrance	Betty Bond 630-932-0271	Lombard to Lisle Ride to Four Lakes in Lisle. Rest stop at Burger King or bring snacks.
Wed., May 18	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., May 18	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders that show	Wednesday Night Ride Two hour ride, possible brief stop. Light needed.
Wed., May 18	7:00 PM	Distance TBD 12-14 mph	McCollum Park Downers Grove	Mike Struglinski 708-246-2089	Wednesday Night South Ride Join Mike for a ride followed by dinner. Lights needed.
Thurs., May 19	10:00 AM	30 miles Medium Pace	Soccer Field Peck and Campton Hills Rd. St Charles	Karen and Bil 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., May 19	6:00 PM	3 miles Moderate Pace	Spring Brook Nature Center Itasca	Jeanne Whiting 630-669-8863	Walk for an hour at a moderate pace on the two mile trail. Irving Park Rd. to Maple, south one block then west on Grove to Nature Center.
Fri., May 20	9:00 AM	30 miles 12-14 mph	Busse Woods	Dick Diebold 847-891-6010	Busse to Wheaton All paved except for two blocks. Directions: 1 st parking lot on Biesner off of Biesterfield.
Fri., May 20	6:00 PM	10-12 miles 10-12 mph	Ty Warner Parking Lot SW corner of Plaza and Blackhawk Westmont	Judy Mikesell 630-833-1036 630-290-2675 the day of the ride	Ethnic Dinner Ride Ride for about an hour and then enjoy dinner at a local independent ethnic restaurant. Bring light, lock and money.
Sat., May 21	8:30 AM	30-35 miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Joint Ride With SBC We'll finish before 11:00 AM 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 canceled by rain.
Sat., May 21	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., May 21	9:30 AM	Determined by riders that show	Old Plank Trail East parking lot on White St. and path Frankfort	Martha Miles 630-858-5250	Old Plank Trail Join Martha for a "set your own" distance and pace ride. All paved trail. Bring picnic or money for lunch at the Trolley Barn. Directions: Rt. 45, 1 st left turn just south of Rt. 30, follow signs to town.
Sun., May 22	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	Sunday Slo Po! Ride Ride will end no later than 11 AM. Canceled by rain or wet roads.
Sun., May 22	6:00 AM 8:30 AM 11:00 AM	33, 66, 100 Miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Triple Loop Century Come out for one, two or all three loops. Each route goes a different direction with one rest stop and ends about 10 minutes before the start of the next loop. Dave will have storage in his van for personal items plus he'll have coolers with food and drinks.
Sun., May 22	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Sunday Morning Very Fast Ride A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., May 22	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.
Mon., May 23	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride Explore the roads and trails of east DuPage and west Cook counties. Mostly road-bike friendly, but occasionally off pavement.
Tues., May 24	9:00 AM	20 miles 8-10 mph	Katherine Legge Park South Hinsdale	John Jacus 630-323-8668	New Adventure Ride Ride with John to Burr Ridge, Indian Head and beyond. Park is at 5961 S. County Line Rd.
Tues., May 24	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride. Call if weather looks threatening.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., May 25	9:00 AM	35-40 miles 12-14 mph	Herrick Lake Forest Preserve Wheaton	Sharon Ganske 630-462-3734	Ride to the Fox River Ride with Sharon to the River Trail, north to St. Charles and back to Wheaton. Lunch stop at Charlestowne Mall. All road and paved trail.
Wed., May 25	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., May 25	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders that show	Wednesday Night Ride Two hour ride, possible brief stop. Lights needed.
Thurs., May 26	9:00 AM	17 miles 10-12 mph	Spring Rock Park	Cindy Reedy 630-234-1349	Ride to Harvester Park
Thurs., May 26	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.
Fri., May 27	7:00 PM		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., May 28	8:30 AM	30-35 miles 16-18 mph	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Joint Ride With SBC We'll finish before 11:00 AM 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 canceled by rain,
Sat., May 28	10:00 AM	40 miles 13-15 mph	Olin-Turville Park, Madison, WI	Larry Gitchell 708-409-0105	Madison Three Day Ride, Day One Ride the rustic roads and trails from Madison to Stoughton. All roads and trails are paved. This is a hilly route. Snack or lunch in Stoughton. For directions go to Yahoo maps and enter "East Olin Ave. at John Nolan Drive Madison, WI 53715". Hotel reservations at 800-426-7866, confirmation # 88163920.
Sun., May 29	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	Sunday Slo Pol Ride Ride will end no later than 11 AM. Canceled by rain or wet roads.
Sun., May 29	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., May 29	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Sunday Morning Very Fast Ride A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., May 29	10:00 AM	40 miles 13-15 mph	Hampton Inn West Madison, WI	Larry Gitchell 708-409-0105	Madison Three Day Ride, Day Two Ride to the famous (or is it infamous?) Mustard Museum on the "Trolleyway" in Mount Horeb. Mostly limestone trail. Lunch stop in Mount Horeb. State trail pass required for the Military Ridge Trail and can be purchased at the trailhead. Start at Hampton Inn West, 516 Grand Canyon Dr., Madison WI 53719-1033. Hotel reservations at 800-426-7866, confirmation # 88163920.
Sun., May 29	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.
Mon., May 30	9:00 AM	45-50 miles 12-14 mph	Depot Villa Park	Lew Worthem 630-835-7270	A Day Off on the Prairie Path Villa Park-Wheaton-Batavia-Geneva-Wheaton-Villa Park. BYO lunch or purchase en route and eat along the Fox River.
Mon., May 30	10:00 AM	40 miles 13-15 mph	Hampton Inn West Madison, WI	Larry Gitchell 708-409-0105	Madison Three Day Ride, Day Three Ride around Lake Mendota and back for a brat! Mostly paved, moderately hilly. Start at Hampton Inn West, 516 Grand Canyon Dr., Madison WI 53719-1033. Hotel reservations at 800-426-7866, confirmation # 88163920.
Tues., May 31	9:00 AM	22 miles 8-10 mph	Fox River Trail and Rt. 56	Ted Sward 708-354-5782	New Adventure Ride Ride to Oswego. Meet on the west side of the river near Harners Bakery.
Tues., May 31	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride. Call if weather looks threatening.

DuPage County Trails Coordinator Addresses EBC



EBC members were treated to some important and exciting news from Deborah Fagan at the April meeting. Some highlights:

- A feasibility study is well under way for the East Branch DuPage River Greenway Trail. This trail will extend for 31 miles, connecting Roselle in the north to Greene Valley FP in the south.
- The village of Lombard has secured funding for bridges on the Great Western Trail to span the Grace Street crossing.
- A bridge will be built on the Illinois Prairie Path over the EJ&E railroad tracks in Wayne.

There was much more. Clearly, when you miss a meeting, you miss a lot!



EBC members learn the fine points of bicycle wrenching April 12 at Hartley's Cycle Shoppe in Hinsdale.



EBC members pause to get acquainted with Wheaton tri-cyclist Keith Grogan (third from left).

If you see Keith along the Prairie Path, stop and chat with him. He has some interesting stories to tell!

METRO METRIC XXV, Sunday, July 31

Our club's Silver Jubilee Metro Metric XXV Anniversary Invitational Ride will be here in three and a half months! Please continue to tell all your friends and family to save the date: Sunday, July 31, 2005. This year, the ride will start and end at the Hampshire High School and the routes will be 33, 49, 65 and 100 miles.

Our Metro Metric XXV chairperson, **Joanne Dezur** reports that the mass mailing of our Metro Metric XXV brochures have gone to all



riders. The bicycle shops should have received their 10 copies as well. If you happen to be in a shop, please take a look to see if they need more brochures. We will have posters which we would like to have in every town where we have members. Start looking for a store that will let you put them in their window.

Joanne is in need of a volunteers to help put out the final signs very early Sunday morning on July 31st. If you can help, please contact **Joanne Dezur** 630-833-7688 or cyclejoey@sbcglobal.net.

We will be doing our pre-rides this year on the Sunday before the Metro Metric ride. You will receive mileage credit. **Ted Sward** has volunteered to do his 3-loop century again this year. In addition, we will also need leaders for a regular century as well for the other three routes.

If you are interested, please let **Joanne Dezur** know.

Thank you,
Cheri O'Riordan, Publicity Chairperson for Metro Metric XXV

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: Trek 400 Road Bike. Very good condition. 18in (46cm) frame, with triple front and Shimano Deore 6spd indexed rear derailleurs, auxiliary brake levers, rear rack, pump, kick stand, Cateye computer with cadence. \$200. **Specialized Rockhopper FS Mountain Bike.** Like new condition with 350 total miles on bike. 13in frame, front suspension, knobby tires, triple front and 8spd rear indexed derailleurs, rear rack, Cateye computer, kick stand. \$400. **Specialized Cycling Shoes.** New, never used, still in original box. Size 38. SPD compatible. \$25. **George Hermach, ghermach@att.net, 630-717-1660** after May 5. (05/05)

For Sale: One pair of ladies black Hystest **hiking boots** w/Gore-Tex, size 7. Only worn twice. Retail \$85, paid \$40, best offer. Email **Susan Sperl, BchlRBtn@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, 630-835-7270, Lew@worthem.com.** (03/05)

Summer Colorado Touring Trip for 2005

*We will all be busy with our volunteer work for our **Metro Metric XXV on Sunday, July 31**. But for those with time and energy to spare, here are details on the Schwartz's Colorado Tour for 2005.*
-Ed.

Every summer we (**Kären and Bill Schwartz**) organize a cycling trip to Colorado. While we usually do a one week rally sort of format (day rides from a single city, e.g. Frisco) followed by a week of touring, this year we are doing a more aggressive 11 day road tour. The ride is scheduled from *August 1 to August 11. *

If you are interested in joining us, you have two options:

1. Join us for the cycling portion only (11 days)
2. Join us for the first week of cycling which ends in Durango, (a major Colorado city)

This will be a fairly aggressive tour. The average daily distance is 61 miles; the longest distance is 80 miles. The ride starts in Frisco and is set up for 5 consecutive days of riding, a rest day in Durango/Mesa Verde, and 5 more consecutive days of riding back to Frisco.

The real challenge is not the distance however, but the climbs (remember this is Colorado). The complete ride will encompass more than 35,000 feet of climbing, an average of 3500 feet per day. On most days we will actually climb less than 3500 feet, but the day before the rest day we scale 3 mountain passes for a total of more than 6500 feet of climbing. We are planning to shuttle a van along the way - taking turns on bringing it forward to the next days stopping point. So there will be some SAG support. If you are interested in the trip but some of the days seem too aggressive, you can use the van to circumvent some of the route.

On day one we go over Vail pass the easy way (a modest 10 mile long, 1100 foot climb - average 3.0% grade with a short 6% max) over the "most beautiful bike path in the world!" Overall climbing for the day is around 3000 feet, but we also descend about 5000 feet.

On day two we have some ups and downs, but no mountain passes. Overall climb for the day is about 4000 feet, but we also descend more than 3000 feet. One highlight of today is our hotel, the Redstone Inn - a beautiful Tudor style building in a gorgeous red rock valley. It is a single man's residence from the early 1900's when this was a one company coal-mining town. When it was built, it ordered all of its furniture from Stickleby, a new company when this hotel was built. Every room contains at least 1 piece of original Stickey furniture, some have as many as three.

On day 3 we go over McClug pass (an 8.5 miles long 1600 feet climb from our hotel with 3.4 miles of 6.8% grade and a nasty ¼ mile at 8.7%).

Overall climbing for the day is about 3000 feet but we descend about 5000 feet.

On day 4 we have a slow steady climb all day for a total of about 3500 feet of climbing. Our destination, Ouray, is another one of those spectacularly beautiful spots.

On day 5 (the hardest day) we go over 3 mountain passes. The first (Red Mountain pass) is a 13.5 miles long, 3300 foot climb with an average grade of 5.9% with short sections at 2% and a maximum of 8.4%. Not to worry if you have to stop several times going up this monster - the views are among the most spectacular anywhere in Colorado (or the world for that matter). The second pass is Molas Pass (a 6.5 mile long, 1700 foot climb with 2% average climb for 1.7 miles and 6% average climb for 4.7 miles.) The last pass is Coal Bank Pass (a 2.9 mile long, 900 foot climb at a 5.5% grade.) Total climbing for the day is around 6500 feet! No wonder the next day is a rest day. Of course there is also more

than 7500 feet of descent this day. Another option today is to only do Red Mountain Pass and catch the narrow railroad train from Silverton down to Durango. This is a really cool ride that you should do at least once in your life. If you decide to do this, you should definitely make reservations in advance as it is very popular.

Day 6 is a rest day in Durango or Mancos to visit Mesa Verde National Park. Durango is a very neat place with a distinctive cowboy character. Mesa Verde is the site of the most famous cliff dwelling Indian ruins. No climbing today except on hikes.

On Day 7 we go over Yellow Jacket Pass (a modest 10 mile long, 1500 foot climb - less than 2% average grade), a modest pass, but there are enough large rollers to generate 3500 feet of climbing and about 2500 feet of descent.

On Day 8 we go over Wolf Creek Pass (a 23.5 mile long, 3700 foot climb with 9 miles of a 5.9% grade). Total climbing for the day is about 4000 feet with about 4000 feet of descent as well. Our lodging tonight is quirky; at the Best Western Movie Manor, every room has a view of the drive in movie screen and the movie sound track is piped into your room!

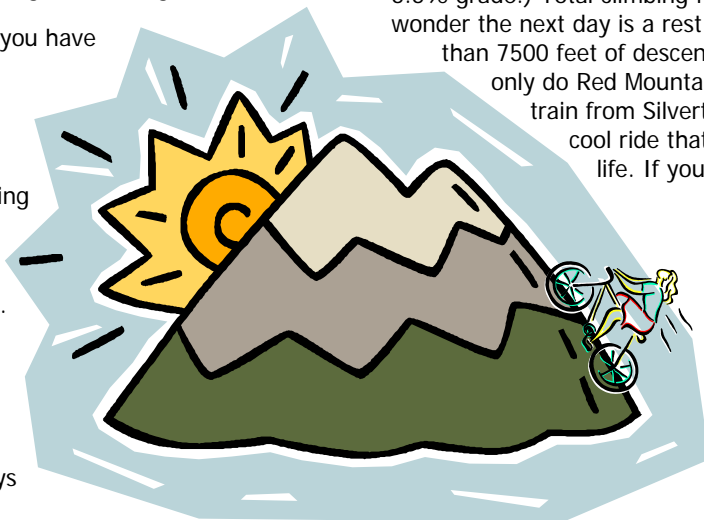
On Day 9 we go over Poncha Pass (another modest climb - 14 mile long, 1100 foot gain with 1 mile at about 3% grade.) Total climb for the day is about 1500 feet, total descent is about 2000 feet.

On Day 10 we do not go over any passes but we still do a fair amount of climbing as we start up the front range towards Hoosier Pass, but stop 11 miles short and 1500 feet down in the town of Fairplay - home to the World Champion Pack Burro Race. Nonetheless we will grind up about 4000 feet over the 60 miles (less than 2% grade average) with 1500 feet of descent scattered in just for grins. For those in a hurry, you could continue on turning it into a 90 mile day with a total of 6500 feet of climbing and 5000 feet of descent.

On Day 11 we finish Hoosier pass (11 miles long and 1500 feet of climb) and do a hairpin descent of 2500 feet into Breckenridge (a very spiffy, touristy ski resort town) and a flat 10 mile ride to Frisco. Since we expect to finish easily before noon, we did not make any hotel reservations, but plan to start our drive back.

If you plan to go or are thinking of going please email us at cteach3@comcast.net.

Kären and Bill Schwartz



Directions to ride starting locations

Starting Point	Directions
Community Bank of Elmhurst Elmhurst, IL	330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.
Depot Elmhurst, IL	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.
Gazebo Glen Ellyn, IL	On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
McCollum Park Downers Grove, IL	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
Spring Rock Park Western Springs, IL	Spring Rock Park is located at 47 th Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
Villa Park Depot, Villa Park, IL	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
Volunteer Park Wheaton, IL	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
Waterfall Glen Forest Preserve Darien, IL	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.
Panera Bread Elmhurst, IL	Panera Bread is located on the west side of York Road, just south of North Avenue (Route 64), in the same building with CVS Pharmacy.
Parking Lot at Maple and Park Lombard, IL	The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.

MEMBERSHIP APPLICATION

Individual(\$20) Family(\$25) New Renewal
 [Indicate with ** next to any information you **do not want** to appear in the club directory]
EBC's membership year runs from January 1 to December 31.

Name _____
(If family membership, list names of all members)

Address _____
(Street) (City) (State) (Zip)

Phone—Home _____ Work _____ E-Mail _____
Delivery of your newsletter by email will be assumed unless Editor is notified otherwise.

The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate in club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and administrators, release, waive and forever discharge Elmhurst Bicycle Club, its officers and members from any and all claims, demands, actions or liabilities on account of any injury to me which may occur from any cause whatsoever, including negligence or other fault on the part of anyone released hereunder, during my participation in or transportation to or from said rides and/or events. I ACKNOWLEDGE I AM AWARE OF THE RISKS AND HAZARDS INHERENT UPON ENGAGING IN SAID CLUB ACTIVITIES, AND I DO SO ENTIRELY UPON MY OWN INITIATIVE, RISK AND RESPONSIBILITY. I FURTHER UNDERSTAND THE CLUB DEPENDS ON ITS MEMBERS TO PROVIDE AND LEAD CLUB ACTIVITIES AND THAT THOSE MEMBERS RELY ON THE PROTECTION AFFORDED HEREUNDER. I hereby further agree to operate my bicycle in a manner that is safe to me and those around me, to observe all applicable safety regulations and to conduct myself in a manner that will be complimentary to the sport of bicycling. It is my intent that this release and waiver apply at all times, notwithstanding that my membership in the Elmhurst Bicycle Club may have expired, elapsed, been renewed or reinstated after a period of non-membership. I FURTHER ACKNOWLEDGE THAT I HAVE READ THE FOREGOING RELEASE AND WAIVER AND UNDERSTAND IT, INCLUDING THAT IT IS INTENDED TO COVER OCCURRENCES WHICH MAY NOT YET HAVE OCCURRED AND WHICH ARE UNKNOWN TO ME, AND NOTWITHSTANDING THE FOREGOING, I SIGN IT VOLUNTARILY WITH THE FULL INTENT THAT IT BE FOREVER ENFORCEABLE.

Date _____ Signature _____

Signatures of adult family members for family Membership _____

Mail to: Elmhurst Bicycle Club, P.O. Box 902, Elmhurst, IL 60126

AFFILIATED WITH THE CHICAGO AND BICYCLE FEDERATION,
THE LEAGUE OF AMERICAN BICYCLISTS,
THE LEAGUE OF ILLINOIS BICYCLISTS,
LIFE MEMBER ILLINOIS PRAIRIE PATH,
MEMBER CONSERVATION FOUNDATION,
RAILS TO TRAILS CONSERVANCY,
AND ADVENTURE CYCLING.



www.elmhurstbicycling.org

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

The EBC List Server

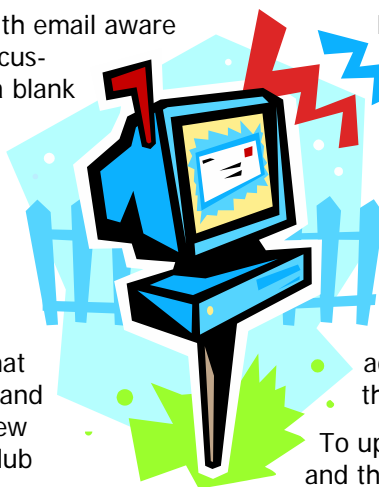
The EBC List Server helps keep members with email aware of the latest news, announcements, and discussions. To subscribe to the List Server send a blank email message addressed to elmhurst-subscribe@topica.com.

Any changes to subscriptions will not take effect until the List Server administrator is notified in a separate email. So, also send a message to me

(orionradio@hotmail.com). The subject line should be "List Server" (the reason is that your email will show up in my junk mail list and it will give me a "heads up"). If you are a new member also include when you joined the club and your telephone number.

If you would like to have more than one email address on the List Server we do that also.

The List Server only accepts plain text messages and no attachments. Anything other than plain text will be discarded when it arrives at the Topica server. This is done as an easy way to keep viruses from spreading through emails.



If in the future if you decide that you no longer want to receive messages from the List Server, send a message to: elmhurst-unsubscribe@topica.com.

I cannot modify or change any of the subscriber addresses, I can only put them on hold or delete them. If you change your email address you have to unsubscribe with your old address, then resubscribe with your new address. You should also send me an email advising me that you are changing so I can add the new address and delete the old one.

To update your email address for the club directory and the monthly newsletter, you must contact

Mary Moroney, email cycling33@comcast.net.

If there are any questions, please call me at 630-620-6434.

Marty Kotecki
List Server Administrator