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Porter411@comcast.net

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dlag10@aol.com

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630-832-9390
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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!**

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630-690-2881
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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

June 2005

Over 27 years and still Riding!

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

METRO METRIC XXV Sunday, July 31

It's just a little over a month and a half until our fabulous Metro Metric XXV Invitational Ride!!! Please continue to spread the word to all family and friends so they can join in on the ride on Sunday, July 31, 2005. The 33, 49, 65 and 100 mile routes will be mostly flat and easy!

Posters of the ride will be passed out at the June 9 EBC meeting for all to take a few and distribute in storefront windows. We would like to have posters in every town where we have members. Your help in spreading the word of this great event is most appreciated. Also, if you happen to be in a bike shop, please take a look to see if they have brochures of our event or need more.

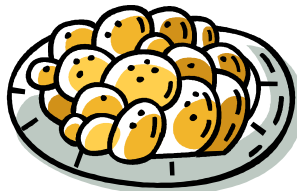
As mentioned in the last EBC newsletter, Ted Sward has volunteered to do his 3-loop century pre-ride again this year. All the pre-rides will be on Sunday, July 24, and we are looking for other volunteers to lead the 33 mile route and a fast/med 100 mile route.

Volunteers are always greatly appreciated. We are still looking for an early riser to help with the last of the signs on the morning of Sunday, July 31. Please contact **Joanne Dezur** at 630-833-7688 or cyclejoey@sbcglobal.net if you can help.

Thank you,
Cheri O'Riordan
Publicity Chairperson



Call for Cookies



Please let me know if you would like to volunteer to bake 6 dozen cookies for the Metro this year. Cookies are to be dropped off at my house the last week of July or at the club meeting in July. Call and set up a time to deliver if you need other arrangements.

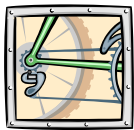
I will have "cookie safe" containers on my front porch as usual. Please do not leave the cookies on the porch out of the containers. In the past the squirrels have enjoyed these instead of our bike riders!

To participate, please notify **Kacy Worcester** by phone 630/941-8532 or e-mail softassilkgp@yahoo.com.

Thanks in advance for your help and support of our fundraiser.

Shirts will again be available at cost to our bakers should you desire one and are not getting one from another committee chairperson.

Kacy Worcester
Cookie Chairperson



New Links in the Chain
Joining the EBC

LES BANACH
BURR RIDGE
lesban@gmail.com

KEITH GARLAND
GENEVA
kparsngarland@ameritech.net

LAWRENCE AND AMANDA PFAFFLIN
ELMHURST
kpfafflin@comcast.net

LAUREL D'ANGELO
PALATINE
laurelg76@yahoo.com

By the Numbers
As of 5/20/2005

Membership

Type	Memberships	Members
Family	47	116
Individual	149	149
Total	196	265

Year-to-date Club Miles

2005	30,638
2004	23,772

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

The driver just finished an ice cream cone
When out through the window flew a chicken bone.
As the light turned red
I caught him and said
"Watch where you're going and get off the phone!"

-Ray Dal Lago



EBC SUMMER PICNIC
Saturday, August 27,
York Woods

JUNE MEETING

Dr. George Tsatsos,
Podiatrist
Foot care for cyclists



Thursday, June 9, 2005, 7:15 P.M.
Community Bank of Elmhurst
330 W. Butterfield Road, Elmhurst
(at the corner of Spring Road & Butterfield Rd.)

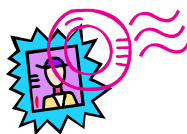
EBC Hotline—630-415-BIKE

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, June 24, 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 July 2005 Ride Schedule is Wednesday, June 15. Call Ride Captain **Ray Dal Lago**, **630-543-4655**, email **Ray** at dlag10@aol.com (or see **Ray** at the June monthly meeting for the July 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 or alter 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 July 2005
Cue Sheet is Friday, June 17th.

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



June 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
Wed., June 1	9:00 AM	25-30 miles 11-13 mph	McCollum Park Downers Grove	Carol Nield 630-964-2488	Ride to DuPage River Park Bring snacks.
Wed., June 1	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., June 1	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Pace Show n Go The riders that show will determine the leader, distance and pace. Lights are needed.
Thurs., June 2	10:00 AM	50 miles Medium Pace	Soccer Field, Peck and Compton Hills Rd. St. Charles	Karen and Bill Schwartz 708-334-6250	Moderate Pace Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., June 2	6:00 PM	3-4 miles Moderate Pace	Cricket Creek Grove Forest Pre- serve	Jeanne Whiting 630-669-8863	Cricket Creek Hike Meet in the parking lot off Fullerton. Walk will be about an hour.
Fri., June 3	6:00 PM	15-20 miles 11-13 mph	Depot Villa Park	Jeanne Whiting 630-669-8863	Friday Night Ride to Two Chefs Ride to Two Chefs Restaurant in Wood Dale for dinner. Bring lights, lock, money.
Sat., June 4	8:30 AM	30-35 miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride We'll finish around 11:00AM with one rest stop. Road bike highly recommended. Start at the Lifetime Fitness Center 900 E. Higgins Rd.(south parking lot). The ride will be cancelled by rain.
Sat., June 4	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., June 4	10:30 AM	40 miles 11-13 mph	Depot Villa Park	Jeanne Whiting 630-669-8863	Saturday Lunch Ride Ride to Indian Garden restaurant in Schaumburg for the lunch buffet. If you don't like Indian food there is a hot dog place in the same shopping center. Bring lights, lock, money.
Sun., June 5	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. Cancelled by rain or wet roads.
Sun., June 5	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Joanne Dezur 630-833-7685	Sunday Morning Ride
Sun., June 5	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., June 5	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., June 5	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., June 6	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 coun- ties. Mostly road-bike friendly, but occasionally off pavement.
Tues., June 7	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride Call if weather looks threatening.

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., June 8	8:30 AM	62 miles 12-15 mph	Linne Woods Forest Preserve	Jerry Radek 847-673-8159	North Shore Ride Joint ride with Evanston Bike Club. Ride bike trails and open roads through North Shore suburbs. Lunch in park in Lake Bluff overlooking Lake Michigan. Bring lunch or take out from Buffington's in Lake Bluff. Linne Woods Forest Preserve is 6200 Dempster, Morton Grove, across from McDonalds.
Wed., June 8	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., June 8	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.
Thurs., June 9	10:00 AM	50 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Karen and Bill Schwartz 708-334-6250	Moderate Pace Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs. June 9	7:15 PM		Community Bank Elmhurst	Roland Porter 630-655-1890	Monthly Club Meeting Board meeting precedes club meeting
Sat., June 11	8:30 AM	30-35 miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride We'll finish around 11:00AM with one rest stop. Road bike highly recommended. Start at the Lifetime Fitness Center 900 E. Higgins Rd. (south parking lot). The ride will be cancelled by rain.
Sat., June 11	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., June 11	10:00 AM	30 miles 7-9 mph trail 10-12mph road	McCollum Park Downers Grove	Peter Turula 630-968-3527 630-643-3527	Voyageur Canoe Landing Re-enactment Ride to "Isle a la Cache" in Romeoville for the "Island Rendezvous". Enjoy the festivities and return by 4 PM. Ride on unpaved trails and roads.
Sat., June 11	Noon	20-25 miles 10-12 mph	Geneva and County Farm Rds.	Elaine Dow 630-293-1984	Ride to Pottawatomie Park Ride to the St. Charles River Festival via the Geneva spur for the Water Ski Show at 2 PM. Bring snacks or money.
Sun., June 12	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. Cancelled by rain or wet roads.
Sun., June 12	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Joanne Dezur 630-833-7685	Sunday Morning Ride
Sun., June 12	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., June 12	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., June 12	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Mon., June 13	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., June 14	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride Call if weather looks threatening.
Wed., June 15	9:00 AM	30 miles 13-15 mph	845 Clyde Downers Grove	Joanne Dybala 630-493-1514	Hot Dog Ride A fun group ride followed Chicago style hot dogs, deviled eggs and other goodies. YOU MUST RSVP BY JUNE 14 TH IF YOU WANT LUNCH. Optional bonus: free ride in a sidecar.
Wed., June 15	10:00 AM	20 miles 10-12 mph	845 Clyde Downers Grove	Cindy Reedy 630-530-1250	Hot Dog Ride A gentler version of the above ride. Same details as above.
Wed., June 15	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., June 15	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Pace Show n Go The riders that show will determine the leader, distance and pace. Lights are needed.
Thurs., June 16	10:00 AM	50 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Karen and Bill Schwartz 708-334-6250	Moderate Pace Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation.

The first of the two training camps I attended was organized by Robbie Ventura of Vision Quest Coaching Services based here in suburban Lake Bluff. Robbie is a former pro cyclist from the US Postal Service team. This camp was very organized and aimed for one result, to make us better, faster, stronger riders. I struggled at this camp as originally there were going to be two different level weeklong camps. A lack of sign-ups resulted in a combination of the sport and elite weeks. Unfortunately I was about the only "sport".

Fourteen hours after arriving at O'Hare we were on our bikes riding. The camp mechanics had put our bikes together while we were unpacking and having a short team meeting to discuss the day's 40-mile shakeout ride. The ride left from our hotel and followed the boardwalk along the ocean before turning upward for a steady 6K climb along the coast. I would learn to love this warm-up climb as I did it

every day except one! Then 20 miles of fast rollers before following some great cycling roads (local traffic only) back to our hotel.

The rides for the week were designed to work on riding skills while getting in a lot of hard miles to build strength and stamina for the upcoming racing season. We would work on climbing and descending, pack riding, pace lines, sprinting and bridging skills during the course of the week. On two of the days with tough fast climbs Robbie arranged alternative rides for me. One day I rode with a group led by an ex British pro, Doug Petrie, and one day I did a special workout on my own. Both of these were great character builders (hard). We left every morning at about 9:00 and returned between Noon and 2:00 PM. Usually there was only one short stop for a nature break and to fill our water bottles at the team car. Most Mallorcan intersections are roundabouts that don't require stopping so we would ride for hours at a time without ever putting a foot on the ground. Some times we would drop off clothing in the team car but since we were in the middle of a very cold spell for Mallorca we usually kept everything on. Most days it was around 40_ F starting out and rarely got above the low 50's with a lot of wind and some light rain. One day it flurried on the ride!

Most of the riders at this camp are involved in some type of organized racing and I was able to learn a great deal from a group of great guys. It's much like going on a ride at home when I am in over my head and having to dig really deep to keep up. I was stretched, pushed, pulled and dragged into a great deal of improvement and significantly better shape. Almost everyone in this group trains with power using either SRM cranks or PowerTap wheels. As a camper I was able to rent a PowerTap wheel for the week and it is a great training aid. I have since bought one for my training.

We rode three days, had one rest day and then rode for three more. On the rest day most of the riders went shopping in Palma in search of bike shops with local jerseys and a few went for a long ride. I rode to the SRM testing center with Robbie Ventura, Alan Lim and two campers who were going to be tested in the same facility that pros such as Jan Ulrich and Eric Zabel are tested at regularly. It was a great experience and if anyone is interested in more details of

the testing let me know.

This camp was an incredible learning experience and I plan to do it again next year when it will be in Arizona. We had a fun last night dinner at a local restaurant with awards, great food and drink coupled with nonstop biking conversation. At the end most headed off to bed as the bus was picking all but three of us up at 5:00 AM. The young ones headed for the Spanish nightlife and just met us as the bus loaded.

Stephen Roche, who won the Tour de France in 1987, ran camp number two. The structure of this camp was very different from Vision Quest. We had one introductory meeting on Sunday night that explained the program and how the rides and support worked. The camp has an office/bike shop/store that was open everyday except Wednesday, the staff's day off.

As with Vision Quest the mechanics helped to put our bikes together and get them stored in the bike locker upon our arrival. Five group rides were available each day based mostly on ride speed. They all did the same route except for group #5 that did a shorter or easier version. These rides provided as much opportunity for challenge as anyone could desire. The main difference here from Vision Quest was that there wasn't any skill instruction on

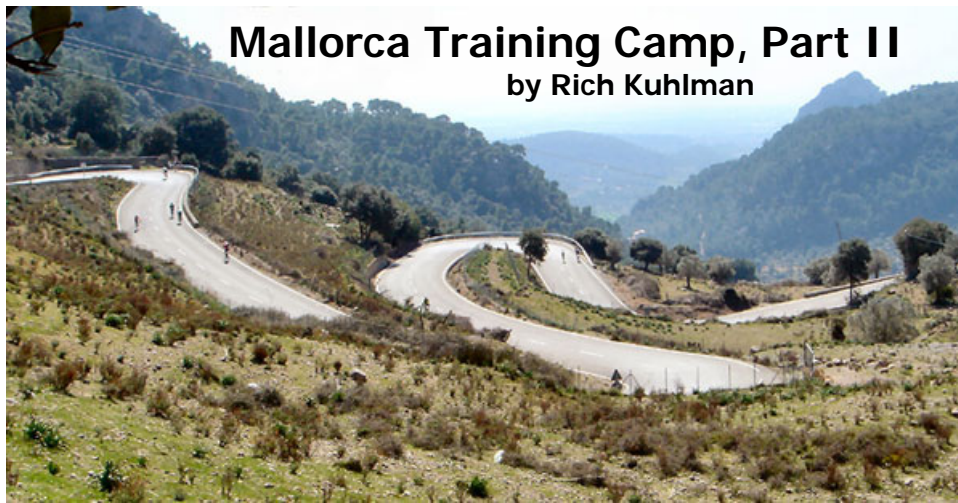
the rides, just the opportunity to ride and train hard.

On day one we sized up the other riders at the start and decided which group we were going to sign up for. I had ridden with group #3 before going to Barcelona and we decided to join #4 as this would allow all of us to do the climbs at our own pace and regroup at the summits. The first two groups were very fast and similar in rider makeup to the Vision Quest group. Each day was a different route with Wednesday being a rest day.

I had gotten my climbing legs back after 3 days off my bike and really enjoyed these rides. They were quite difficult, but being in a group that had the same general level of riding ability made for a great workout. Each day the groups left around 9:00 AM in five-minute increments and returned around 1:00 PM. There was one, on the road, rest stop where the team car met us with water, some warm, very sweet tea and small Spanish muffins. The five-minute increments usually brought the groups into the rest stop at about the same time.

During this week I was able to do several of the climbs I had missed with Vision Quest on the two days I didn't ride with them and when there was snow in the passes ten days earlier. One of the nice features of camps like these is the ride support. Both camps had team cars that followed us with spare wheels and bikes if needed. In the event of a flat we would simply switch wheels and be on our way. One day Phil had a shift cable problem and sheared off his rear derailleur in his spokes. Within twenty minutes the support team had moved his pedals to a spare bike, fitted him on the bike and he was on his way. By the time we arrived back at the hotel they had his bike apart and had made arrangements to get a new derailleur and cable from a local bike shop. His bike was repaired and ready to ride within a couple of hours.

(continued on page 6)



Mallorca Training Camp, Part II

by Rich Kuhlman

West Central Illinois Tour Preview

Here are highlights of my self-contained tour around west central Illinois this September. All the roads are low traffic and well-maintained. So far, there are 11 riders indicating interest. Please let me know by Aug. 1 if you are planning to go, so I can add you to my mailing list.

Day 1 - Wed. Sept. 7 (40 miles) Start at Jubilee College State Park (about 160 miles from western suburbs of Chicago). Stops in Brimfield and Knoxville. Visit historic downtown Galesburg, include Seminary Ave. Historic District and the birthplace of Carl Sandburg. Overnight camping at Allison Campground on Lake Storey, just outside of Galesburg.

Day 2 - Thurs. Sept. 8 (47 miles) Depart Allison campground for breakfast in Monmouth. Visit some of the local attractions. Continue on the Oquawka for dinner. Camp out at Big River State Forest

Day 3 - Fri. Sept. 9 (55 miles) Ride back to Oquawka for breakfast. Then travel south, stopping at the towns of Gladstone, Gulfport, Lomax, Dallas City. Visit historic Nauvoo. We will camp overnight at Nauvoo State Park.

Day 4 - Sat. Sept. 10 (50 miles) Ride to Quincy, stopping in Hamilton, Warsaw, Ursa. We will camp along the Mississippi River at a private campground. Dinner will be at the Pier restaurant, a short distance down the road from the campground.

Day 5 - Sun. Sept. 11 (70 miles) This will be the longest and hilliest day. We will leave the campground and ride through the historic district of Quincy, stopping for breakfast at the Village Inn before getting on Rt. 104 and heading for Beardstown. We will stop in the towns of Liberty and Chambersburg. We'll cross the Illinois river at Meridosa and stop for a break before continuing on the Beardstown. This part of the trip is very scenic and the road surface is excellent. The bridge crossing the river is similar to the one on Rt. 178, going into Starved Rock State Park. The last 15 miles of the ride is pretty flat, allowing us to recover from the hills. We'll stay at the Super 8 motel in Beardstown for the night. There are plenty of franchise restaurants in the area where we can have dinner.

Day 6 - Mon. Sept. 12 (50 miles) We'll have breakfast in Beardstown and visit some of the local historic attractions before heading north to Chandlerville. We'll stop in Chandlerville, and if time permits, make a quick trip into Panther Creek. We'll continue north on Rt. 78 into Havana where we will have dinner and camp overnight on the Illinois River at the Riverfront Park.

Day 7 - Tues. Sept. 13 (55 miles) We have breakfast in Havana and cross the Illinois river again. We continue north to Rice Lake for a rest stop. Then on to Banner Marsh and the towns of Glassford and Hanna City before ending our trip back at Jubilee. This is also a very scenic part of the ride.

Visit <http://www.worthem.com/ebc/illinoisour> for links to information about the points of interest on the itinerary.

Carole Danillo, email cdanillo@juno.com, 630-495-8162

Bikes on Metra Rules



The Metra board has decided on rules for allowing bikes on commuter trains. Starting June 1 and running through October 31, riders may bring their bikes on trains with these provisos:

- ◆ Bikes are allowed on all weekday trains arriving in Chicago after 9:30 a.m. and departing the city before 3 p.m., and after 7 p.m. on both inbound and outbound trains.
- ◆ Bikes are allowed on all weekend trains except for the weekends of the Chicago Blues Festival, Taste of Chicago and July 4th fireworks, Venetian Night, Chicago Air & Water Show and Chicago Jazz Festival, and the Friday before the Labor Day holiday weekend.
- ◆ Individual bicyclists must be at least 18 years old. An adult must accompany riders 12 through 17. Children under 12 will not be allowed to bring bikes on board.
- ◆ Tricycles and tandem bikes are prohibited.
- ◆ The number of bicycles is limited to two per handicapped-accessible car. If priority seating is needed for passengers with disabilities, cyclists may not be able to board or may be asked to leave a train they are on.

Mallorca Training Camp, Part II

(continued from page 5)



The "Chicago Connection" group, (L to R) John Alexander, Nancy Thomas, Phil Thomas, Laura and Rich Kuhlman

Riding in Mallorca is hilly, scenic, hilly, great fun, hilly and a way to really get strong at the start of the biking season. We had an incredible riding experience, met some great people and ate a lot of wonderful Spanish food. All this has convinced us that training in Mallorca will become an annual rite of spring. Think about joining us! For more information on these camps visit www.visionquestcoaching.com or www.stephenroche.com.



DuPage County Bike Day

What: A day to celebrate bicycling, a heart-healthy and earth-friendly choice. Pump up your tires, oil that chain and pedal alongside your friends and neighbors. The most important thing is to get on your bike and ride.

When: Saturday, June 25, 2005

Where: Anywhere in DuPage County as long as the route is safe for bicycles. The ride could be to work, school, the store, a restaurant, down the block to the local park. It could be on your neighborhood street, on the Prairie Path or Great Western Trail.

Why: Riding a bike is fun and social and good for you. And when you choose riding a bike over driving a car, even just a little more often, our environment benefits. The world becomes a better place – we're healthier, there is less traffic, we connect more with the people around us. Participating on Bike Day is a great way to spread that message.

Incentive: On Bike Day, businesses will offer discounts or give away merchandise to those who bike to their establishments and bicycle clubs will lead rides. To find out specifics, go to www.bikeday.org.

If you'd like to offer a promotion for bicyclists or have any questions, please contact Pamela Brookstein, Chicagoland Bicycle Federation, at 312-427-3325 ext 242 or at pamela@biketraffic.org.

The EBC has several great rides on Bike Day! Just refer to the ride schedule. Bring your friends!

Date	Time	Distance	Start	Ride Leader	Ride Description
Thurs., June 16	6:00 PM	3-4 miles Moderate Pace	Target Parking Lot Wood Dale	Jeanne Whiting 630-669-8863	Salt Creek Trail Walk Walk for an hour on the new trail in Wood Dale. Meet at SW corner of parking lot by bike bridge. Target is on Irving Park Rd. west of Wood Dale Rd.
Fri., June 17	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	Ethnic Dinner Ride Ride for about an hour and then enjoy dinner at a local independent ethnic restaurant. Bring light, lock and money.
Sat., June 18	8:30 AM	30-35 miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride We'll finish around 11:00AM with one rest stop. Road bike highly recommended. Start at the Lifetime Fitness Center 900 E. Higgins Rd .(south parking lot). The ride will be cancelled by rain.
Sat., June 18	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.
Sun., June 19	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. Cancelled by rain or wet roads.
Sun., June 19	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Joanne Dezur 630-833-7685	Sunday Morning Ride
Sun., June 19	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., June 19	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., June 19	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., June 20	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., June 21	10:00 AM	TBD	Imax Theater Woodridge	Joanne Dybala 708-334-6250	Something Different Moderate pace ride with lunch at a Jewish deli in Naperville. Call if weather looks threatening.
Wed., June 22	8:30 AM	63 miles 10-12 mph	McCollum Park Downers Grove	Ted Seward 708-354-5782	The Way West (Oswego) Join Ted for a ride on bike friendly roads and lunch at the River View Diner in Montgomery. This is a great chance to earn your 62 mile patch.
Wed., June 22	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., June 22	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Pace Show n Go The riders that show will determine the leader, distance and pace. Lights are needed.
Thurs., June 23	9:30 AM	50 miles 12-14 mph	Soccer Field, Peck and Campton Hills Rd. St Charles	Betty Bond 630-932-0271	Slower Pace Ride to Sycamore Betty will lead a slower version of Karen and Bill Schwartz's ride to Sycamore. Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., June 23	10:00 AM	50 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Karen and Bill Schwartz 708-334-6250	Moderate Pace Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., June 23	6:00 PM	3 miles Moderate Pace	Depot Villa Park	Jeanne Whiting 630-669-8863	Villa Park Walk Walk for an hour in Villa Park.
Fri., June 24	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., June 25	All Day	Any Distance Any Pace	Anywhere	Anyone	DuPage County Bike Day Ride one of the rides listed below, get out with another club, ride to work or just ride! (Your club mileage may vary.)

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., June 25	6:30 AM	100+ miles 10-12 mph	Depot Villa Park	Walt Chlipala	The Longest Day Slow Century Ride Bring plenty of food and water. One stop every hour for a five minute snack, drink and rest stop. Lunch will be about 20-30 minutes.
Sat., June 25	8:30 AM	30-35 miles 16-18 mph average	Lifetime Fitness Center Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride We'll finish around 11:00AM with rest stop. Road bike highly recommended. Start at the Lifetime Fitness Center 900 E. Higgins Rd. (south parking lot). The ride will be cancelled by rain.
Sat., June 25	9:00 AM	50 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	Ride for the Reptiles This is Larry's contribution to Bike Day. Ride roads and trails to Tri-County State Park in Bartlett to visit the turtles and tortoises and snakes (oh my!). Lunch along the way. Bring money, snacks, lock
Sat., June 25	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., June 25	10:30 AM	40 miles 10-13 mph	Gazebo Glen Ellyn	Jeanne Whiting 630-669-8863	Saturday Lunch Ride Ride to Prairie Station Pub in Ontarioville for lunch via roads, dirt trails, gravel trails paved trails. Ride goes through Bloomingdale, Hanover Park and Bartlett. Bring lock, money.
Sun., June 26	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. Cancelled by rain or wet roads.
Sun., June 26	8:00 AM	38 miles 12-14 mph	Depot Elmhurst	Dick Diebold 847-891-6010	Annual Breakfast Ride to the Diebold's Ride to the Diebold's for breakfast and then back to the depot. This is one of the yummiest rides you'll ever be on.
Sun., June 26	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Joanne Dezur 630-833-7685	Sunday Morning Ride
Sun., June 26	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., June 26	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., June 26	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., June 27	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., June 28	9:30 AM	18+ miles 8-10 mph	Isle A La Cache Museum	Ted Sward 708-354-5782	New Adventure Ride Ride to Joliet Iron Works with Ted as he "bikes and brakes for history". Bring picnic lunch. Crushed limestone riding surface. I-55 south to Joliet Rd., south to Romeo Rd. (135 th St.), east 1.3 miles to parking lot on right
Tues., June 28	10:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride Call if weather looks threatening.
Wed., June 29	9:00 AM	50 miles 12-14 mph	Yankee Woods Oak Forest	Leo Engstrom 708-598-6930	Ride to Manhattan Join Leo for a road ride. In Oak Forest, take 159 th St. east to Central, turn right on Central ¼ miles to Yankee Woods parking lot.
Wed., June 29	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., June 29	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	Wednesday Night Fast Pace Show n Go The riders that show will determine the leader, distance and pace. Lights are needed.
Thurs., June 30	9:30 AM	50 miles 12-14 mph	Soccer Field, Peck and Campton Hills Rd. St Charles	Betty Bond 630-932-0271	Slower Pace Ride to Sycamore Betty will lead a slower version of Karen and Bill Schwartz's ride to Sycamore. Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., June 30	10:00 AM	50 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Karen and Bill Schwartz 708-334-6250	Moderate Pace Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation.

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 art 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



At our May meeting, **Mike Struglinski** regaled the attendees with tales of his experiences as a neophyte bike tourer. His encounter with a stranger bearing a shotgun was particularly interest-

2005 Upcoming Events

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

Dates	Event	Contact
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	Hike/Bike Colorado	Karen Schwartz 630-963-6250
Aug. 27	EBC summer picnic	Phil Keller 630-964-5795
Sept. 5	"Humdinger to Hamp- shire" century ride	Betty Bond 630-932-0271
Sept. 7- Sept. 13	Central Illinois self- contained tour	Carole Danillo 630-495-8162

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.** (05/05)

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 Sperl, BchlrBttm@aol.com.** (04/05)

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: DINO BAK (tag-a-long) children's insta tandem. Only used a few times, original price \$150.00. Asking price \$75.00. Contact **Joanne DeZur, cyclejoey@sbcglobal.net, 630/833-7688.**