

## 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

Assistant Ride Captain  
**Nancy Rice**  
630-717-9923  
riceken@netzero.net

### Need More Information?

The club constitution and by-laws, information on rider and ride leader responsibilities, ride schedules, awards program, member mileage, and much, much, more is available online at:

[www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)

If you're not near a computer and need ride information, try the **EBC Hotline** at  
630-415-BIKE  
(630-415-2453)



# Cue Sheet

## July 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

### THE COUNTDOWN IS HERE

Just a little over three weeks till our super Silver Jubilee Metro Metric XXV Invitational Ride!!! We need everyone 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! We are confident that even the weather will be supporting this great event as well!



Additional posters will be passed out at the July EBC meeting for distribution to any store that will display them. Our goal is to have posters in every town where we have members. Your help in continuing to spread the word is most appreciated. Please look in your favorite bike/sports store to see if they have any brochures of our event or need more.

As mentioned in the previous EBC newsletters, on the Sunday before the Metro Metric XXV ride, **Ted Sward** has volunteered to do his 3-loop century ride again this year.

Don't forget we need cookie bakers since we are also known for our home made cookies. Please contact **Kacy Worcester** at [softassilkgp@yahoo.com](mailto:softassilkgp@yahoo.com) or 630/941-8532.

Volunteers are always greatly appreciated. Please contact **Joanne DeZur** at 630-833-7688 or [cyclejoey@sbcglobal.net](mailto:cyclejoey@sbcglobal.net) if you can help.

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

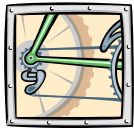
### CORRECTION

If you were at the June meeting you heard me (**Joanne DeZur**) mention that since we had an increase on the price of the tank tops we would be charging \$2.00 for volunteers that requested them.

After going over the numbers **MaryJo Bolan** and I decided for all the work that members do to make our Metro Metric successful we are eliminating this charge. This is the least we can do to thank you for your time and effort.



**EBC SUMMER  
PICNIC**  
Saturday, August 27  
York Woods



## New Links in the Chain Joining the EBC

**PEGGY CAREY**  
Wheaton  
careym699@yahoo.com

**NATHAN GRAY**  
Elmhurst  
grysnd3@hotmail.com

**SCOTT ROSS**  
Wheaton  
eddyxross@aol.com

**ROSE MARY VOSICKY**  
Westchester  
rvosicky@earthlink.net



## JULY MEETING

**Rich Kuhlman**  
**Mallorca Training Camp**  
Thursday, July 14, 2005, 7:15 P.M.  
Community Bank of Elmhurst  
330 W. Butterfield Road, Elmhurst  
(at the corner of Spring Road & Butterfield Rd.)

### EBC Hotline—630-415-BIKE

Call for Ride updates, membership, and general information.  
To organize an unscheduled ride, call **Ray Dal Lago**  
**630-543-4655** or e-mail **Ray** at **dlag10@aol.com**.  
EBC Website **www.elmhurstbicycling.org**



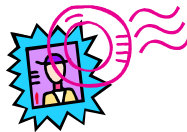
## By the Numbers

### Membership, as of 6/10/2005

Type	Memberships	Members
Family	49	120
Individual	157	157
Total	206	277

### Year-to-date, as of 6/19/2005

	Miles	Events
2005	52,769	256
2004	40,260	228



### Collating Party

Friday, July 22, 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 August, 2005, Ride Schedule is Thursday, July 14. Call Ride Captain **Ray Dal Lago**, **630-543-4655**, email **Ray** at **dlag10@aol.com** (or see **Ray** at the July monthly meeting for the August schedule).

And remember, you can submit a ride to **Nancy Rice** 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.

### 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's Limerick

I rode 20 hours and not one more minute.  
It was quite an adventure, I'm glad that I did it.  
When I was finished,  
The fun had diminished,  
'Cause my butt felt like someone shoved a  
two-by-four in it.

-Ray Dal Lago



### 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 August, 2005, Cue Sheet is Friday, July 15th.

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



# July 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
Fri., July 1	6:30 PM	15-20 miles 10-12 mph	Park and Maple Lombard	Jeanne Whiting 630-669-8863	<b>Ice Cream Social</b> Jeanne will lead a slow, social ride on roads and/or trails with a stop for ice cream along the way. Bring lights, lock, money.
Sat., July 2	7:30 AM	29-45 miles 12-14 mph	Plainfield High School	Janet Koludrovic 630-954-5126	<b>Plainfield and Farther Out</b> Join Janet for a great Saturday morning ride. Directions: I-55 south to Rt. 30, right on Renwick (stoplight), left on Rt. 59 (stoplight), right on Ft. Beggs Rd. (stoplight). School is ¼ mile on the right.
Sat., July 2	8:15 AM	112 miles 16-18 mph average	Monona Terrace Parking Garage Madison, WI	Karen Zenisek k.zenisek@comcast.net	<b>Madison Ironman Course</b> In this case it's the Ironwoman course! Expect hills and more hills. E-mail Karen for more information at k.zenisek@comcast.net
Sat., July 2	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine the ride leader, distance and pace.
Sun., July 3	7:30 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	<b>Sunday Slo Po! Ride</b> Ride will end no later than 11 AM. Cancelled by rain or wet roads.
Sun., July 3	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walt Chlipala 630-833-7685	<b>Sunday Morning Ride</b> Ride with Walt on a two and ½ to three hour ride
Sun., July 3	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., July 3	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., July 3	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will decide ride leader, distance and pace.
Mon., July 4	7:00 AM	100 miles 15-17 mph	Busse Woods Elk Grove Village	Larry Gitchell 708-409-0105 708-421-0120	<b>Take a Wauconda Wild Ride</b> Larry leads his traditional 4th of July Century Ride to Woodstock. This year the route will travel through Long Grove to Wauconda. Route has major hills. SAG support provided. Meet in parking lot at Arlington Heights Rd. and Edgeware St. in Elk Grove Village (north of Beisterfield, south of Landmeier).
Mon., July 4	8:30 AM	64-67 miles 10-12 mph	Depot Villa Park	Walt Chlipala 630-832-9390	<b>Botanic Gardens Ride</b> Walt will take you on a garden adventure. Bring plenty of water and food. Maybe lunch at Botanic Gardens. There will be several middle school students on this ride.
Tues., July 5	9:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	<b>Moderate pace ride.</b> Call if weather looks threatening.
					This line is intentionally blank.
Wed., July 6	9:00 AM	28-30 miles 11-13 mph	Depot Villa Park	Carol Nield 630-964-2488	<b>Pedal and Paddle</b> Ride to Blackwell Forest Preserve and rent canoes or kayaks for one hour. Rental is \$5.00 per boat. Brings snacks or lunch to eat at the lake.

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., July 6	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., July 6	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	<b>Wednesday Night Ride</b> Two hour ride, possible brief stop. Light needed.
Thurs., July 7	8:30 AM	50 miles Slow Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Karen and Bill Schwartz 708-334-6250	<b>Slow Pace Ride to Sycamore</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., July 7	9:00 AM	50 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Karen and Bill Schwartz 708-334-6250	<b>Moderate Pace Ride to Sycamore</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., July 7	7:00 PM	3 miles	Park and Maple Lombard	Jeanne Whiting 630-669-8863	<b>A Thursday Night Hike</b> Head west on the IPP during this hour walk.
Fri., July 8	8:30 AM	35 miles 12-14 mph	Busse Woods Elk Grove Village	Dick Diebold 847-891-6010	<b>Loop the Loop</b> Meet in the first parking lot off Biesner Rd., north of Biesterfield.
Fri., July 8	6:00 PM	15-30 miles 12-14 mph	Park and Maple Lombard	Jeanne Whiting 630-669-8863	<b>Friday Fish Fry Ride</b> You'll be hooked on this ride as Jeanne leads riders to a local restaurant featuring a fish fry as well as a regular menu. Bring lights, lock, money.
Sat., July 9	7:30 AM	29-45 miles 12-14 mph	Plainfield High School	Janet Koludrovic 630-954-5126	<b>Plainfield and Farther Out</b> Join Janet for a great Saturday morning ride. Directions: I-55 south to Rt. 30, right on Renwick (stoplight), left on Rt. 59 (stoplight), right on Ft. Beggs Rd. (stoplight). School is ¼ mile on the right.
Sat., July 9	8:30 AM	62 miles 12-14 mph	Linne Woods Forest Preserve Morton Grove	Jerry Radek 847-673-8159	<b>North Shore Mansion Ride</b> Ride the bike trails and open roads through the north shore sub- urbs. Lunch in a park overlooking Lake Michigan in Lake Bluff. Bring lunch or take out from Buffington's restaurant in Lake Bluff. Directions to Forest Preserve: I-294 north to Dempster, east on Dempster about four miles to Lehigh, cross railroad tracks and turn left into Linne Woods Forest Preserve across from McDonalds.
Sat., July 9	9:00 AM	40 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>Where It All Started</b> Help Larry celebrate 10 years of cycling with a pilgrimage to where it all began. Unfortunately, the Sports Authority where he bought his first bike closed a few years ago so he has declared the Schaumburg Ben and Jerry's as the alternate location. All pave- ment ride, some busy areas. Bring money for a Cherry Garcia!
Sat., July 9	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine the ride leader, distance and pace.
Sun., July 10	7:30 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	<b>Sunday Slo Po! Ride</b> Ride will end no later than 11 AM. Cancelled by rain or wet roads.
Sun., July 10	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walt Chlipala 630-833-7685	<b>Sunday Morning Ride</b> Ride with Walt on a two and ½ to three hour ride.
Sun., July 10	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., July 10	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., July 10	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will decide ride leader, distance and pace.
Mon., July 11	6:00 PM	20-25 miles 13-15 mph	Meacham Grove Forest Preserve Bloomingtondale	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Summer's in full swing and Larry is mixing the ride between the roads and the trails. Mountain or hybrid bike recommended. Meacham Grove FP is ¼ mile north of Lake St. (Rt. 20, two miles west of 355) on the west side of Circle Dr. in Bloomingtondale
Tues., July 12	9:00 AM	TBD	Imax Theater Woodridge	Joanne Dybala 630-493-1514	<b>Something Different #2</b> Joanne will lead a moderate pace ride with a snack stop at a Jewish deli.
Wed., July 13	8:30 AM	50-55 miles 12-14 mph	McCullum Park Downers Grove	Peter Turula 630-968-3527 630-643-3527	<b>To Lemont for Lunch</b> Here's more proof that we ride for food! This is a road ride via Romeoville and possibly Palos. Return by 3:30. Bring money. The long bridge on Lemont Rd. WILL NOT be used.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., July 13	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., July 13	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	<b>Wednesday Night Fast Pace Show n Go</b> The riders that show will determine the leader, distance and pace. Lights are needed.
Thurs., July 14	7:15 PM		Community Bank Elmhurst	Roland Porter 630-655-1890	<b>Monthly Club Meeting</b> Board meeting precedes club meeting
Thurs., July 14	8:30 AM	50 miles Slow Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Betty Bond 630-932-0271	<b>Slow Pace Ride to Sycamore</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., July 14	9:00 AM	50 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Lee Nye	<b>Moderate Pace Ride to Sycamore</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Fri., July 15	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	<b>Ethnic Dinner Ride</b> Ride for about an hour and then enjoy dinner at a local independ- ent ethnic restaurant. Bring light, lock and money.
Sat., July 16	7:30 AM	29-45 miles 12-14 mph	Plainfield High School	Janet Koludrovic 630-954-5126	<b>Plainfield and Farther Out</b> Join Janet for a great Saturday morning ride. Directions: I-55 south to Rt. 30, right on Renwick (stoplight), left on Rt. 59 (stoplight), right on Ft. Beggs Rd. (stoplight). School is ¼ mile on the right.
Sat., July 16	9:00 AM CDT	30 miles plus 22 optional miles 13-15 mph	Old Depot Three Oaks, MI (Oak St., 2 blocks north of Rt. 12)	Maureen O'Rourke 708-660-9185 630-835-7270	<b>Southwest Michigan Ride</b> Ride back roads routes established by the Three Oaks Spokes bike club, home to the Apple Cider Century. Picturesque rolling hills, patchwork farmland, impressive lakefront homes, and beauti- ful meadows, parks and forests. Lunch between loops. See <a href="http://tinyurl.com/coox8">http://tinyurl.com/coox8</a> for start location. Call for more info or visit <a href="http://worthem.com/swmich">http://worthem.com/swmich</a> .
Sat., July 16	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine the ride leader, distance and pace.
Sat., July 16	9:45 AM	20 miles 10-12 mph	Sculpture Garden Skokie	Judy Mikesell 630-833-1036 630-290-265 day of the ride	<b>Skokie Sculpture Garden Ride</b> Join Judy to view the sculptures. There will be a short ride to the lake front through Northwestern University. Lunch stop...bring lunch or money.
Sun., July 17	7:30 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	<b>Sunday Slo Pol Ride</b> Ride will end no later than 11 AM. Cancelled by rain or wet roads.
Sun., July 17	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walt Chlipala 630-833-7685	<b>Sunday Morning Ride</b> Ride with Walt on a two and ½ to three hour ride
Sun., July 17	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., July 17	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., July 17	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will decide ride leader, distance and pace.
Mon., July 18	6:00 PM	20-25 miles 13-15 mph	Meacham Grove Forest Preserve Bloomingtondale	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Summer's in full swing and Larry is mixing the ride between the roads and the trails. Mountain or hybrid bike recommended. Meacham Grove FP is ¼ mile north of Lake St. (Rt. 20, two miles west of 355) on the west side of Circle Dr. in Bloomingtondale
Tues., July 19	9:00 AM	18-20 miles 8-10 mph	Parking Lot Waterfall Glen	Mary Jo Bolan 630-887-9652	<b>New Adventure Ride</b> Mary Jo's thinking ice cream on this ride. Ride to Oberweis in Western Springs. This is an all road ride.
Tues., July 19	9:00 AM	25-30 miles 13-15 mph	Imax Theater Woodridge	George Hermach 630-717-1660	<b>Naperville Loop</b> Ride with George on roads or paved trails to northwest Naperville. Brings snacks. Ride cancelled if rainy.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., July 20	9:30 AM	53 miles 10-12 mph	Leroy Oakes Forest Preserve St. Charles	Ted Sward 708-354-5782	<b>Kilgore's Kane Kounty Kapers</b> Ride the country roads with Ted. Lunch in Sycamore. Great opportunity to get your 50 mile patch.
Wed., July 20	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., July 20	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	<b>Wednesday Night Fast Pace Show n Go</b> The riders that show will determine the leader, distance and pace. Lights are needed.
Thurs., July 21	8:30 AM	50 miles Slow Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Karen and Bill Schwartz 708-334-6250	<b>Slow Pace Ride to Sycamore</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., July 21	9:00 AM	50 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Karen and Bill Schwartz 708-334-6250	<b>Moderate Pace Ride to Sycamore</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Fri., July 22	8:30 AM	35 miles 12-14 mph	Busse Woods Elk Grove Village	Dick Diebold 847-891-6010	<b>Dick's Wait and See Ride</b> Dick will tell you where the ride goes the day of the ride. Meet in the first parking lot off Biesner Rd., north of Biesterfield.
Fri., July 22	7:00 PM	Monthly Collating Party	Mikesell's House Villa Park	Judy Mikesell 630-833-1036	<b>Newsletter Collating Party</b> Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat., July 23	7:30 AM	29-45 miles 12-14 mph	Plainfield High School	Janet Koludrovic 630-954-5126	<b>Plainfield and Farther Out</b> Join Janet for a great Saturday morning ride. Directions: I-55 south to Rt. 30, right on Renwick (stoplight), left on Rt. 59 (stoplight), right on Ft. Beggs Rd. (stoplight). School is ¼ mile on the right.
Sat., July 23	8:30 AM	20 OR 36 miles 12-14 mph	Lions Town Park Union, IL	Linda Lauer 630-682-5747	<b>Union Loops</b> Come out and enjoy some great biking on the roads in the Union area. The ride leader will ride at least one, possibly two of the six loops at a moderate pace with time to smell the dairy air. The first loop is 20 miles with a stop for brunch in Marengo. The second loop is 16 miles, more miles at your own pace. Brings snacks and water if you plan on riding more miles. Directions I-90 northwest, exit north on Rt. 20, right on Union Rd., right on Coral, left on Northrop (Main St.) to Lions Park, corner of Main and Ocock.
Sat., July 23	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will determine the ride leader, distance and pace.
Sun., July 24	7:00 AM 6:30 AM 8:00 AM	100 miles medium pace 100 miles 10-12 mph 65 miles medium pace 49 miles 33 miles	See description at right	Betty Bond 630-932-0271 Ted Sward 708-354-5782 Gerry Fekete 708-352-0913 Mary Jo Bolan 630-887-9652 Mary Moroney 630-629-1812	<b>The Metro Metric Pre-Rides</b> Come and ride the route for next weeks Metro Metric XXV. Betty Bond will lead a 100 mile ride at a medium pace starting at Hampshire High School at 7:00 AM. Ted Sward will lead a 100 mile ride at a 10-12 mph pace ride starting at St. Peter and Paul Church (1/2 block south of Rt. 64 on Meredith in Virgil). Gerry Fekete will lead the 65 mile ride, Mary Jo Bolan the 49 miler, and Mary Moroney the 33 miler, all three from Hampshire High School starting at 8:00 AM. Hampshire High School is at 560 State St, in Hampshire, IL. Bring food and water.
Sun., July 24	7:30 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667	<b>Sunday Slo PoI Ride</b> Ride will end no later than 11 AM. Cancelled by rain or wet roads.
Sun., July 24	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walt Chlipala 630-833-7685	<b>Sunday Morning Ride</b> Ride with Walt on a two and ½ to three hour ride
Sun., July 24	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., July 24	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., July 24	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	<b>Weekly Show and Go.</b> The riders that show will decide ride leader, distance and pace.
Mon., July 25	6:00 PM	20-25 miles 13-15 mph	Meacham Grove Forest Preserve Bloomingdale	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Summer's in full swing and Larry is mixing the ride between the roads and the trails. Mountain or hybrid bike recommended. Meacham Grove FP is ¼ mile north of Lake St. (Rt. 20, two miles west of 355) on the west side of Circle Dr. in Bloomingdale



Date	Time	Distance	Start	Ride Leader	Ride Description
Tues., July 26	9:00 AM	TBD	Imax Theater Woodridge	Roland Porter 630-655-1890	<b>Moderate pace ride.</b> Call if weather looks threatening.
Wed., July 27	10:00 AM	40 miles 13-15 mph	Big Rock Commu- nity Park Big Rock	George Hermach 630-717-1660	<b>Picnic at Silver Springs State Park</b> Ride scenic country roads with some rolling hills. Bring picnic lunch. Directions: US 30 past Sugar Grove to Big Rock, left on Rhodes Rd., left on Sixth Ave. Ride cancelled if rainy.
Wed., July 27	1:00 PM	35 miles 12-14 mph	Des Plaines Ave. CTA Station Forest Park	Mary Jo Bolan 630-887-9652	<b>Riding, Music and More</b> Commute to and from the Loop using the CTA Blue Line. Ride the lake shore path to and around the Northwestern campus in Evanston. Stop at Millennium Park, park bikes in the bike parking area and enjoy the scheduled concert. Bring food and water.
Wed., July 27	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders that show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., July 27	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-462-5427	<b>Wednesday Night Fast Pace Show n Go</b> The riders that show will determine the leader, distance and pace. Lights are needed.
Thurs., July 28	8:30 AM	50 miles Slow Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	TBD	<b>Slow Pace Ride to Sycamore</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Thurs., July 28	9:00 AM	50 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	Steve Josephs	<b>Moderate Pace Ride to Sycamore</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Sat., July 30	7:30 AM	29-45 miles 12-14 mph	Plainfield High School	Janet Koludrovic 630-954-5126	<b>Plainfield and Farther Out</b> Join Janet for a great Saturday morning ride. Directions: I-55 south to Rt. 30, right on Renwick (stoplight), left on Rt. 59 (stoplight), right on Ft. Beggs Rd. (stoplight). School is ¼ mile on the right.
Sun., July 31	6:00 AM	33 miles 49 miles 65 miles 100 miles	Hampshire High School 560 State St., Hampshire, IL	Joanne Dezur 630-833-7688	<b>Metro Metric XXV</b> The Elmhurst Bicycle invitational Ride.

## Panera Bread Parking

When using Panera Bread in Elmhurst as a ride starting point, please park in the southwest lot. It's a three hour lot according to the sign but it is free all day on week-ends. By doing this we will not have any problems blocking customers going to Panera and we will have **more** room for us. We can mingle in the lot with less worries about moving out of the way of cars.

Ray Dal Lago



## Welcome our new Assistant Ride Captain, Nancy Rice

The Elmhurst Bicycle Club is so active that keeping our ride schedules up to date requires the work of two people! So please congratulate **Nancy Rice** who has stepped forward to be Assistant Ride Captain. Nancy will handle the time-consuming job of maintaining the unpublished ride schedule on the hotline. **Ray Dal Lago** will continue to maintain the monthly published ride schedule.



## 2005 Upcoming Events

Watch for more upcoming events at  
[http://elmhurstbicycling.org/r\\_events.asp](http://elmhurstbicycling.org/r_events.asp)

Dates	Event	Contact
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 Hampshire" century ride	Betty Bond 630-932-0271
Sept. 7- Sept. 13	Central Illinois self-contained tour	Carole Danillo 630-495-8162

## EBC June Meeting

Dr. George Tsatsos spoke to the EBC on sports medicine topics at our June meeting. The doctor emphasized a few important points:

- There is no such thing as "lactic acid buildup"
- Always stretch before and after athletic activity
- Don't forget to replenish your electrolytes after a ride.





## EBC Members on the Move



**Larry Gitchell** again led Memorial Day weekend rides in the Madison, Wisconsin, area. Left, the open road beckons. Right, the gang tries to resist the breakfast aromas emanating from Riley Tavern on the Military Ridge Trail.



On June 11, EBC members journeyed into the past on the "Island Rendezvous" ride led by **Peter Turula**. They were greeted by member **George Hermach** who participated in the historic Voyageur canoe landing reenactment at Isle a la Cache in Romeoville. (photos courtesy of Peter Turula)



On June 15, **Joanne and Ed Dybala** hosted the Hot Dog Ride. Left, EBC members learn about a different kind of cycle. Right, other members get acquainted with some hot dogs.



## Directions to ride starting locations

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

### MEMBERSHIP APPLICATION

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

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

Address \_\_\_\_\_  
(Street) (City) (State) (Zip)

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

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

Date \_\_\_\_\_ Signature \_\_\_\_\_

Signatures of adult family members for family Membership \_\_\_\_\_

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

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



www.elmhurstbicycling.org

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



### EBCers Take to the Caputo Cheese Market

The Caputo Cheese Market in Melrose Park has quickly become a favorite stopover for the Saturday Show 'n Go crowd. Just ask **Frank Amorosi** to lead the ride. Here, host Jerry Caputo treats our riders to Italian coffee. L to R, John Konrad, Roland Porter, Harold Lassers, Frank Amorosi, Jerry Caputo, Pam Lassers, John Park, Sharon Gilbert. (photo courtesy Paul Punchum)

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

E-mail **Lew Worthem** at [EBCNews@worthem.com](mailto:EBCNews@worthem.com) or mail to **Lew, 320 Hillside Ave., Elmhurst, IL 60126-3812**. Please let us know when your articles have been sold or when your Equipment Wanted request has been filled. Ads will be deleted after three months. Notify us if you want them to run longer. Space permitting, we will accommodate you.

**For Sale: 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: Brand new EBC club jersey, women's SM.** \$67.25. Contact **Roland Porter, 630-655-1890, porter411@comcast.net.** (07/05)

**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.** (06/05)