

## 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  
orionradio@hotmail.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

## August 2005

### Over 27 years and still Riding!

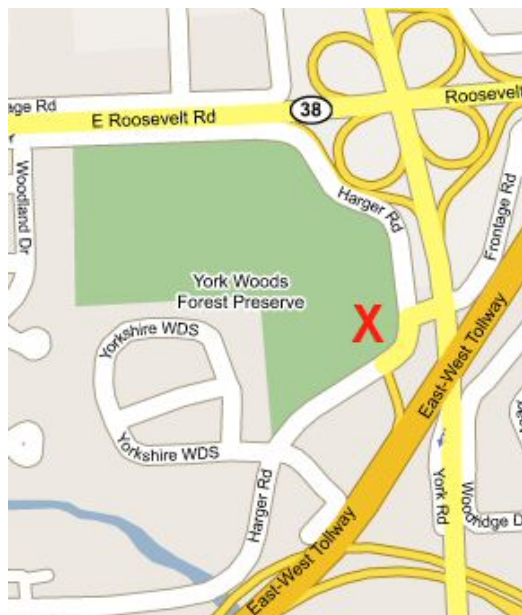
A club serving the western suburbs, Northern Illinois, and beyond.  
We ride anywhere, any time of day or night, year round. Come join the fun!

## EBC PICNIC

This year's club picnic is fast approaching. We hope you will be able to join us for a lazy, hazy summer picnic with your cycling friends. Details are:

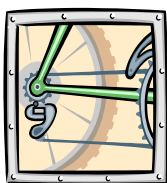


- Picnic will be held **Saturday, August 27th**, 12 noon till 4:00PM at York Woods Forest Preserve shelter. York Woods is on the south-west corner of Roosevelt and York Roads.
- Members may bring one other person to the picnic.
- We hope to begin eating at 1:00 PM. The club will provide fried chicken and a variety of cold drinks. Alcohol is not permitted in DuPage forest preserves.
- Please bring your favorite salad or dessert to share.
- We suggest you bring lawn chairs and folding tables in case there are not adequate picnic tables at the shelter.
- Afternoon entertainment will be yard games and conversation under a shade tree. Please bring your favorite game. Bean-bag toss, badminton, bocce ball, etc.



### IMPORTANT RSVP DEADLINE

To ensure everyone has a good time and there is enough food for everyone, we must know if you will be attending. You may RSVP either by phone or email. Contact **Phil Keller** at 630-964-5795 or email [Philtrains@comcast.net](mailto:Philtrains@comcast.net). **Deadline to RSVP is August 21st.**



## New Links in the Chain Joining the EBC

**KEVIN BAILEY**  
Wooddale  
kevinb@pyro.net

**MIKE SWAIN**  
Downers Grove  
swain03@sbcglobal.net

**MARK BRINKMAN**  
Chicago  
thebrink@cyberonic.com

**JANNINE & ANDREW HOUSTON**  
Elmhurst  
jannies@comcast.net

**GEORGE A. LAPANO**  
Glen Ellyn

**J. STARR**  
Elmhurst  
j.starr@comcast.net

**ROBERT STEARNEY**  
Elk Grove Village  
rts60@prodigy.net

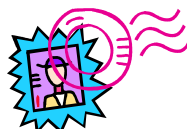
## AUGUST MEETING

### An Interesting Program!

Thursday, August 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, August 26, 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 September, 2005, Ride Schedule is Wednesday, August 17. Call Ride Captain **Ray Dal Lago**, **630-543-4655**, email **Ray** at **dlag10@aol.com** (or see **Ray** at the August monthly meeting for the September 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.

*When submitting ride information, please list the pace in miles per hour, not "fast", "slow", "moderate", etc. The pace is the speed you intend to ride on a flat surface with no tail or headwind. Speeds will increase or decrease with hills and should not be figured as part of the pace.*

### 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 September, 2005, Cue Sheet is Wednesday, August 17th.

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



## By the Numbers

### Membership, as of 7/17/2005

Type	Memberships	Members
Family	53	129
Individual	164	164
Total	217	293

### Year-to-date, as of 7/18/2005

	Miles	Events
2005	81,078	360
2004	60,489	306

### 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

The Metro's upon us and you can be sure  
The excitement builds up then the day is a blur.  
It's evident to me  
And I think you'll agree  
We just couldn't do it without **Joanne Dezur**.  
-Ray Dal Lago

# August 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
Mon., Aug. 1	9:00 AM	34 miles 14-16 mph	Parking lot at Maple St. & Park Ave. Lombard	Larry Page 630-834-7864 630-596-7864	<b>Ride to Fermi Lab</b>
Mon., Aug. 1	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Summer's in full swing and Larry is mixing the ride between the roads and the trails. Mountain or hybrid bike recommended.
Tues., Aug. 2	8:30 AM	15-20 miles 9-11 mph	Depot Villa Park	Walt Chlipala 630-832-9390	<b>New Adventure Ride</b> Ride with Walt to Kean's Bakery in Itasca.
Tues., Aug. 2	9:00 AM	25-30 miles 13-15 mph	Imax Theater Woodridge	George Hermach 630-717-1660	<b>Naperville Loop</b> All road or paved trails to northwest Naperville. Bring snacks. Ride cancelled if rainy.
Wed., Aug. 3	9:00 AM	50 miles 12-14 mph	Madison Meadow Wilson Ave. Entrance	Betty Bond 630-932-0271	<b>St. Charles for Lunch</b> This is an all road ride to St. Charles for lunch at Corfu. Bring lock and money.
Wed., Aug. 3	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., Aug. 3	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., Aug. 4	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., Aug. 4	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., Aug. 4	7:00 PM	3 miles	Parking lot at Maple St. and Park Ave. Lombard	Jeanne Whiting 630-669-8863	<b>IPP Walk</b> Come out and enjoy a social walk on the IPP for an hour or maybe a bit more.
Fri., Aug. 5	8:30 AM	35 miles 12-14 mph	Busse Woods	Dick Diebold 847-891-6010	<b>Busse Woods To...</b> Meet at the parking lot on Biesner, north of Biesterfield
Fri., Aug. 5	9:00 AM	38 miles 14-16 mph	Parking lot at Maple St. and Park Ave. Lombard	Larry Page 630-834-7864 630-596-7864	<b>Ride to Wayne</b>
Fri., Aug. 5	6:30 PM	15-20 miles 10-12 mph	Parking lot at Maple St. and Park Ave. Lombard	Jeanne Whiting 630-669-8863	<b>Ice Cream Social</b> Social rides on roads and/or trails with a stop for ice cream. Bring money and light.

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

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Aug. 6	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., Aug. 6	9:00 AM	66 miles 16-18+ mph	Leroy Oaks Forest Preserve St. Charles	Ray Dal Lago 630-543-4655	<b>De Ride to DeKalb</b> Join Ray for his fourth annual Ride to DeKalb. You'll ride a brisk pace on low traffic country roads. Once in DeKalb, dine in splendor at a deli, a Subway sandwich shop or a convenience store. Bring enough water for the ride out (no rest stop until DeKalb). After the ride Ray will provide a cold, juicy treat.
Sat., Aug. 6	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., Aug. 7	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., Aug. 7	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., Aug. 7	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., Aug. 7	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., Aug. 7	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., Aug. 8	9:00 AM	34 miles 14-16 mph	Parking lot at Maple St. and Park Ave. Lombard	Larry Page 630-834-7864 630-596-7864	<b>Ride to Fermi Lab</b>
Mon., Aug. 8	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Summer's in full swing and Larry is mixing the ride between the roads and the trails. Mountain or hybrid bike recommended.
Tues., Aug. 9	8:30 AM	20 miles 9-11 mph	Depot Villa Park	Walt Chlipala 630-832-9390	<b>New Adventure Ride</b> Ride with Walt to Caribou Coffee in La Grange.
Tues., Aug. 9	9:00 AM	TBD	Imax Theater Woodridge	Roland Porter 630-655-1890	Moderate pace ride. Call if weather looks threatening.
Wed., Aug. 10	9:00 AM	25 miles 10-12 mph	Spring Rock Park	Ted Sward 708-354-5782	<b>Oak Brook Nooks and Crannies</b> See the many faces of the Oakbrook area. Lunch at the "lodge" (McDonalds).
Wed., Aug. 10	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and 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., Aug. 10	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., Aug. 11	7:15 PM		Community Bank Elmhurst	Roland Porter 630-655-1890	<b>Monthly Club Meeting</b> Board meeting precedes club meeting
Thurs., Aug. 11	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., Aug. 11	9:00 AM	50 miles Medium Pace	Soccer Field, Peck and Campton Hills Rd. St Charles	TBD	<b>Moderate Pace Ride to Sycamore</b> Be prepared for some hills. Call before the ride to check for weather cancellation.
Fri., Aug. 12	9:00 AM	38 miles 14-16 mph	Parking lot at Maple St. and Park Ave. Lombard	Larry Page 630-834-7864 630-596-7864	<b>Ride to Wayne</b>
Fri., Aug. 12	6:00 PM	15-25 miles 11-13 mph	Parking lot at Maple St. and Park Ave. Lombard	Jeanne Whiting 630-669-8863	<b>Friday Fish Fry</b> Ride to Bensenville to the new location of Two Chefs Restaurant. Bring light, lock, money.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Aug. 13	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., Aug. 13	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., Aug. 13	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., Aug. 14	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., Aug. 14	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., Aug. 14	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., Sun. 14	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., Aug. 14	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., Aug. 15	9:00 AM	34 miles 14-16 mph	Parking lot at Maple St. and Park Ave. Lombard	Larry Page 630-834-7864 630-596-7864	<b>Ride to Fermi Lab</b>
Mon., Aug. 15	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Summer's in full swing and Larry is mixing the ride between the roads and the trails. Mountain or hybrid bike recommended.
Tues., Aug. 16	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., Aug. 16	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.
Wed., Aug. 17	8:00 AM	33 miles 10-12 mph	Busse Woods Forest Preserve Biesner Rd. Parking Lot	Cindy Reedy 630-530-1250 630-234-1349	<b>Schaumburg and Poplar Creek</b> Ride with Cindy on bike ways (streets) and paved bike paths. Bring snacks.
Wed., Aug. 17	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and 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., Aug. 17	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., Aug. 18	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., Aug. 18	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.-Sun., Aug. 19-21	6:00 AM	150 miles round trip TBD mph	Lew Worthem's House	Lew Worthem 630-835-7270	<b>Lake Geneva Weekend</b> Self-contained road and paved trail rode to camping at Big Foot Beach State Park in Lake Geneva. Restaurant meals or BYO camp food. Option to join ride near Elgin casino. Call Lew or view <a href="http://worthem.com/lkgeneva">http://worthem.com/lkgeneva</a> for more information.
Fri., Aug. 19	6:00 PM	10-12 miles 10-12 mph	Ty Warner Parking Lot, SW corner of Plaza & 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 independent ethnic restaurant. Bring light, lock and money.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Aug. 20	7:00 AM	65 miles 16-18 mph	IMAX Theater Woodridge	Eric Peterson 630-355-5803 630-532-8298	<b>Looking for Hills</b> Ride with Eric as he takes you up and down the hills of Lockport and Lemont.
Sat., Aug. 20	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., Aug. 20	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., Aug. 20	9:30 AM	30+ miles 12-14 mph	Big Foot Beach State Park Campground Lake Geneva WI	Lew Worthem 630-835-7270	<b>Lake Geneva Loop</b> A road ride circling Lake Geneva. Lunch stop in town near end of ride. Call Lew or view <a href="http://worthem.com/lkgeneva">http://worthem.com/lkgeneva</a> for more information.
Sun., Aug. 21	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., Aug. 21	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., Aug. 21	6:00 AM 8:30 AM 11:00 AM	100 miles total all three loops 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Triple Loop Century</b> Dave is offering another century broken into three loops totaling 100 miles, all starting and ending at Panera. Come out and ride any or all of the loops. One short rest stop per loop. Dave will have his van parked at Panera so you can store personal items. He will also have food and drink to refuel after each loop.
Sun., Aug. 21	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., Aug. 21	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., Aug. 22	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Summer's in full swing and Larry is mixing the ride between the roads and the trails. Mountain or hybrid bike recommended.
Tues., Aug. 23	9:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride. Call if weather looks threatening.
Wed., Aug. 24	9:00 AM	39 miles 12-14 mph	Highland Woods Golf Course Hoffman Estates	Hank Niedballa 630-629-1569	<b>The WOW Ride</b> Adapted from the Willow Creek Church "Ride the South Barrington Hills". All paved surfaces. Lunch at Penny Road Pub. Meet in the parking lot off Ela Rd. between Algonquin Rd. and Central Rd.
Wed., Aug. 24	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and 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., Aug. 24	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., Aug. 25	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., Aug. 25	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., Aug. 26	9:00 AM	38 miles 14-16 mph	Parking lot at Maple St. and Park Ave. Lombard	Larry Page 630-834-7864 630-596-7864	<b>Ride to Wayne</b>
Fri., Aug. 26	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.



Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Aug. 27	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., Aug. 27	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., Aug. 27	Noon		York Woods		<b>Elmhurst Bicycle Club Picnic</b> See front page article
Sun., Aug. 28	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., Aug. 28	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., Aug. 28	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., Aug. 28	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 top and fast sprints. Bring enough food/drink to refuel.
Sun., Aug. 28	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., Aug. 29	9:00 AM	34 miles 14-16 mph	Parking lot at Maple St. and Park Ave. Lombard	Larry Page 630-834-7864 630-596-7864	<b>Ride to Fermi Lab</b>
Mon., Aug. 29	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	<b>The Monday Night Ride</b> Summer's in full swing and Larry is mixing the ride between the roads and the trails. Mountain or hybrid bike recommended.
Tues., Aug. 30	8:30 AM	24 miles 10-12 mph	Community Recreation Building 320 E, Wildwood Villa Park	Cindy Reedy 630-530-1250 630-234-1349	<b>Trail Ride On Dasani Blue Bikes</b> Use the Dasani Blue Bikes to ride the Great Western trail west and return on IPP. See Newsletter article regarding the Blue Bikes. Bring \$10.00 deposit, drivers license, and maybe your bike if there are not enough blue bikes. <u>NOTE: If you're riding your own bike meet at 9:00 AM at the Depot Villa Park.</u>
Tues., Aug. 30	9:00 AM	TBD	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Moderate pace ride. Call if weather looks threatening.
Wed., Aug. 31	8:30 AM	50 miles 12-15 mph	Linne Woods Forest Preserve Morton Grove	Jerry Radek 847-673-8159	<b>Long Grove Ride (with Evanston Bike Club)</b> Ride to Long Grove to check out the quaint shops and eat lunch at one the restaurants. Directions: I-294 north to Dempster, east on Dempster four miles to Lehigh, cross RR tracks and turn left into Linne Woods FP, across from McDonalds.
Wed., Aug. 31	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and 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., Aug. 31	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 who show will determine the leader, distance and pace. Lights are needed.

## Humdinger to Hampshire Century Ride

Come join us on rural roads from Lombard to Hampshire for 100 miles of fun!



Date: September 5, 2005  
Place: Madison Meadow, Wilson Ave. Entrance  
Time: 7:00 AM  
Distance: 100 Or So Miles  
Speed: 12 - 14 MPH Strictly Adhered To

It's late summer and you are in the best shape possible for this all pavement ride to the famous "Rose Garden Cafe". There will be no sag wagon unless some wonderful person comes forward and volunteers.....but we have done this before on our own and can again. You can bring your own lunch if you prefer.....also bring snacks and plenty of water.

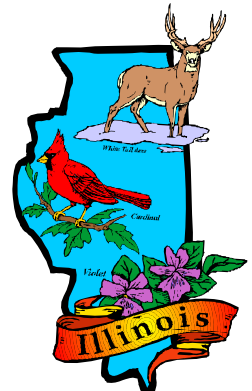
Any questions ?? Please call **Betty Bond** 630-932-0271

## West Central Illinois Self-contained Tour

The plans are taking shape for **Carole Danillo's** Illinois bike and camp tour from September 7 through 13.

Be sure to inform Carole if you are participating. Full details are available at <http://worthern.com/ebc/illinoisour> or contact Carole at [cdanillo@juno.com](mailto:cdanillo@juno.com).

And if you can't wait for some bikecamping, check out the Lake Geneva weekend on the ride schedule for August 19-21.



## Dasani Blue Bikes Program

by Cindy Reedy

Bikes available for use on the IPP – Free! Perfect for out-of-town guests?

Dasani Water, a Coca-Cola company, has donated 20 blue one-speed Trek Classic Cruiser bicycles for public use. The bikes, which are single gear and without lights, are available free of charge for up to 36 hours to riders who are at least 18 years of age. They are located in bright blue lockers adjacent to the Villa Park historical museum at Villa and Central, along the Illinois Prairie Path. The DASANI Blue Bikes community bicycle program was developed in partnership with the Rails-to-Trails Conservancy and is supported by Trek®.

Dasani is rolling out the program in eight communities across the country this summer. The official start in Villa Park was on June 25th during DuPage County Bike Day. The other seven locations are in Baltimore; Dallas; Orange County, FL; Pittsburgh; Rockmart, GA.; Salt Lake City; and Seattle. The Villa Park location was chosen partially because of the proximity of three trails: the Illinois Prairie Path, the Great Western Trail and the (not yet completed) Salt Creek Trail.



*The Blue Bike Program is announced on DuPage County Bike Day, June 25, 2005*

This year the program will provide more than 150 bicycles for use on nearly 200 miles of trail across the country and hopes to continue to add at least four to six trails per year.

To use one of the "blue bikes", participants must obtain a card at the Community Recreation Building during business hours: Monday through Friday, 8:30 a.m. - 12 noon and 1:00 p.m. - 4:30 p.m. The building is located at 320 E. Wildwood St., Villa Park, IL, less than ¼ mile directly north of the bike lockers. Call for information: (630) 834-8525.

Three things are required to obtain a card: a \$10 refundable cash deposit, a driver's license (they will make a copy of it), and a signed waiver. The waivers are available there or in PDF format online at [www.invillapark.com/dasani.pdf](http://www.invillapark.com/dasani.pdf).

Swipe the Blue Bikes card at the lockers to remove a bike, and return it at the end of the ride. The bike and swipe card should be returned within 36 hours, or if the office is closed at the time, on the next business day. The program is available from April 1-November 1.



*EBC members participate in DuPage County Bike Day and the Blue Bike kickoff.*

Not everyone is pleased with the program. Don Kirchenberg, president of the Illinois Prairie Path not-for-profit corporation, has written to the Villa Park Village Board regarding the "overly commercial placement" of the bike lockers.

## USPRO National Criterium Championships Downtown Downers Grove, August 20 and 21

This is your chance to see a top level bicycle race up close and personal. Imagine the thrill of 150 elite pros zooming by so close you can almost touch them (but don't!). In recent years the competitors have included big names like Tour de France racers Floyd Landis, Tony Cruz, Chris Horner and David Zabriskie. The big event is Sunday, Aug. 21, at 2:30 p.m. But, there are many other races. See <http://www.sportsgrandprix.com> for the complete schedule and more information. Best of all, EBC member **Mary Ann Badke** has made this generous offer — Hello all,

*The Downers Grove Sports Grand Prix will be held this year the weekend of August 20-21. I live 2 to 3 blocks from the start/finish line and one block over from southwest leg of the bike race course. Last year I sent a last min-*



*ute invitation for the criterium bike race that starts about 2:30 on Sunday. I offered my place for bike parking, limited car parking for those who could not walk or ride, refreshment stand and post race dining. Several people took me up on it last year so this year I thought I would make the offer earlier.*

*So you ride leaders who would like to plan a club ride to the race and would like a place to park bikes and have sort of a "home" base for their stuff, I have the place. Or if someone has a physical need to park close by, let me know. Or if you just want to ride over on your own and want someone to join with in watching the race. I can organize my day around the race time and get some cold drinks and a few snacks ready. If people want to hang around after the race to eat, they can bring a sandwich or buy something at one of the sandwich places in town. (Subway and Mamas are right on Main St need the start line.)*

*Please let me know if you are interested doing something. My yard and garage space are limited so I need to plan ahead for bikes, cars and people.*

**Mary Ann Badke**, 630-663-0295



## Directions to ride starting locations

Starting Point	Directions
<b>Community Bank of Elmhurst Elmhurst, IL</b>	330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.
<b>Depot Elmhurst, IL</b>	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.
<b>Gazebo Glen Ellyn, IL</b>	On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
<b>McCollum Park Downers Grove, IL</b>	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
<b>Spring Rock Park Western Springs, IL</b>	Spring Rock Park is located at 47 <sup>th</sup> Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
<b>Villa Park Depot, Villa Park, IL</b>	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
<b>Volunteer Park Wheaton, IL</b>	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
<b>Waterfall Glen Forest Preserve Darien, IL</b>	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.
<b>Panera Bread Elmhurst, IL</b>	Panera Bread is located on the west side of York Road, just south of North Avenue (Route 64), in the same building with CVS Pharmacy. 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 Bicycle Club  
 P.O. Box 902  
 Elmhurst, Illinois 60126



Left: **John Park** and **John Czarnecki** inspect the antiques at the museum of the Three Oaks Spokes club in Three Oaks, Michigan.



Above: **Rich Kuhlman** speaks to the club at the July meeting about his trip with **Laura** to the San Juan Islands in Puget Sound.



Above: Taking a break on his North Shore Mansion Ride, **Jerry Radek** lectures **Bill** and **Kären Schwartz**, **Nancy Shack** and **Joanne Dybala** on the history of Fort Sheridan.

**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:** Brand new **EBC club jersey**, women's SM. \$67.25. Contact **Roland Porter**, 630-655-1890, [porter411@comcast.net](mailto: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](mailto:cyclejoey@sbcglobal.net), 630/833-7688. (06/05)