

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
Open

Internet Bike Info
Rich Kuhlman
630-462-5427
rkuhlman99@comcast.net

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

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708-409-0105
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630-620-6434
orionradio@hotmail.com

Programs &
Sergeant at Arms
Mike Struglinski
708-246-2089

Newsletter Collating
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630-833-1036
mikesell2@juno.com

Website
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630-530-1250
cmreedy@prodigy.net

Publicity
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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

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



Cue Sheet

September 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 KUDOS TO ALL

Looks like I might have to stop being the chairman of the Metro Metric since I cannot come up with any new way to thank all the volunteers. As usual you all do a fantastic job and should be very proud of all the comments you get from riders.

There was a gal there who rides 8 to 10 invitationals a year and could not stop bragging about our great sag drivers. She mentioned usually you only see a sag once or maybe twice on the entire ride. She felt secure in seeing sag drivers ALL THE TIME (her words). Kudos to the sag drivers and their chairman **Gerry Fekete**.

There was another rider doing the 101 miles that was color blind. Although I think our method of using colors is great if he had been doing any other mileage it would have been a problem. This way almost all of the arrows pertained to him and he only had to check the route sheet a few times to make sure it was not the 62 mile route. Kudos to our sign placement people and their chairmen **John Jacus** and **George Hermach**. Also a side thank you to **Marge Ricke** for again helping show them how she has handled it in the past, and **Phil Keller** for taking care of the pickup and delivery to Walter's house of all the signs.

We always hear great things about our rest stops and this year was no different. Riders were very happy to have water, Gatorade and some nourishing treats to start the ride. Then of course there was always plenty of the right food in the rest stops along the way. They were very happy to have watermelon this year and of course our "home-made cookies" and corn are always an extra bonus. Kudos to **Bob Jones** for his first annual year of rest stop chairman and all his rest stop chairpersons.

Registration went quickly as most riders are very anxious to just get started. We had people waiting at 5:30 A.M. to sign up. Even a slight mix-up did not deter our volunteers from taking care of the situation and keeping everyone happy. We had several people help the riders mark their routes in color and explain where to go — you know what I mean. Kudos to **Al Stanke**, who went out on Friday to set up everything, and all his crew for another great registration.

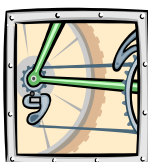
A part of registration that everyone forgets about is the pre-registration which is handled by **Jeanne Whiting**. She gets all the signups in the mail, and also from Active.com. She then makes up separate envelopes with everyone's information including shirt size if necessary and signature paperwork if necessary. Kudos to you

Of course we can't forget **Mary Jo Bolan** who goes the extra mile and actually picks up the shirts, divides them, and delivers them so that we can all look professional. Kudos to you.

Cheri O'Riordan did a fantastic job in the background getting us listed in all the newspaper events section, bicycle links on the internet, and our new banner displayed on the under-pass bridge in Elmhurst. Kudos to you.

Another background helper was **Sandy Mapes** (the bride to be) who managed to get us quite a few food donations as well as a door prize from almost every bicycle shop in the area. Kudos to you.

So, since this is the only way I can now express my feelings without getting mushy... THANKS to Jeff, Peter, Sandy, Eric, Carol, Tracy, Ray, JoAnne, Nancy, Larry, Rolland, Judy, Mary, Dave, Sharon, Dick, Harriet, Jim, Shelley, MaryAnn, Jay, John, Betty, Jerry, Judy, Charlie, Cheryl, Nancy, Bill, Sophia, Lynn, Dana, Fran, John, Cindy, Mary, Linda, Mary, Paul, Rose, Vickie, Paul, Al, Kacy, Chuck, Shirley, Walter, Ken, Jerry Mary Lou, Ellen, Maureen, Susan, Ksenia, Petra, Al, Karen, Bill, Frank, Roland, Ted, Lew, Phil, Peter, Hand, Earl, Eric, Connie, Gerry, Mike, Dave, Paul, Dick, Vickie, Larry, Marge, Jeanne, Mary Jo, Lou, Dick, John, George, Harold, Pam, Jim, Jim, Nancy, Joanne, Gerry, Jeanne, Vicki, Susan, Mary, Betty, Cheri, Cindy, Nancy, Carol, Mary Sue, Marge, Dave, Diane, Sophia, Karen, Joanne, Tracy, Ted, Maureen. It takes all of you to make it a success and make me look good. - *Joanne Dezur*



New Links in the Chain Joining the EBC

CYNTHIA PLAHUTA
VILLA PARK
CMPlahuta@comcast.net

PETER R. WALDMAN
DOWNERS GROVE
peter.waldman@ch.doe.gov

SUE BOOSE
FOREST PARK
sbh20skier@att.net

NICHOLAS BROWNE
BLOOMINGDALE
Nicholas_browne@hotmail.com

SEPTEMBER MEETING Chicagoland Bicycle Federation Update

Thursday, September 8, 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, September 23, 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 October, 2005, Ride Schedule is Wednesday, September 14. Call Ride Captain **Ray Dal Lago**, **630-543-4655**, email **Ray** at **dlag10@aol.com** (or see **Ray** at the September monthly meeting for the October 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.

Attention ride leaders! Please use miles per hour to describe the pace of a ride. Please discontinue listing a ride at a "medium," "moderate," etc., pace. Use the following as a guide if you are used to using "slow, medium, fast, etc." to describe the ride pace:

8-10 mph = very slow	14-16 mph = medium
10-12 mph = slow	16-18 mph = fast
12-14 mph = moderate	18-20+ mph = very fast

Again, ride pace is the speed you intend to go on a flat surface (no up/down hills) without a tail or head wind.

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

Power Bars, Gatorade, Clif Bars and Gu
These are supposed to help us ride like new.
But after an hour
When I lose some power
It's fig bars and prunes which help me stay with you.

- Ray Dal Lago



By the Numbers

Membership, as of 8/21/2005

Type	Memberships	Members
Family	56	135
Individual	171	171
Total	227	306

Year-to-date, as of 8/21/2005

	Miles	Events
2005	103,806	454
2004	84,419	383

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 October, 2005, Cue Sheet is Wednesday, September 14th. Send items to: **Lew Worthem**, Newsletter Editor. Phone: 630-834-5281 or 630-835-7270
Email: **EBCNews@worthem.com**



September 2005

ELMHURST BICYCLE CLUB CALENDAR

Compiled by Ray Dal Lago, VP and Ride Captain

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
Thurs., Sept. 1	9:00 AM	50 miles 17-19 mph	Soccer Field, Peck and Camp- ton Hills Rd. St. Charles	Karen and Bill Schwartz 708-334-6250	Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancel- lation. Lunch in Sycamore.
Thurs., Sept. 1	6:30 PM	3 miles	Cricket Creek FP Addison. Parking lot off Fullerton	Jeanne Whiting 630-669-8863	Cricket Creek Walk Spend an hour walking through Cricket Creek Forest Preserve
Fri., Sept. 2- Sun. Sept. 4	7:00 AM	60 miles per day 12-14 mph	Depot Elmhurst	Petra Hofmann 630-833-1667	Chain-O-Lakes Loop Join Petra for a ride on the Fox and Prairie Trail to Chain-O-Lakes, then to Russell, to River Forest and then to Elmhurst. One overnight in Richmond, one overnight TBD.
Fri., Sept. 2	6:00 PM	20 miles 11-13 mph	Parking lot at Maple St. and Park Ave. Lombard	Jeanne Whiting 630-669-8863	Friday Fish Fry Ride to a local restaurant featuring a fish fry. Bring lights, lock, money.
Sat., Sept. 3	7:30 AM	29-45 miles 12-14 mph	Plainfield High School	Janet Koludrovic 630-954-5126	Plainfield and Farther Out 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., Sept. 3	8:00 AM	35-40 miles 18-20 mph	Lifetime Fitness Schaumburg	Karin Mouline 847-254-5752	Saturday Morning Very Fast Ride Karim has a newly designed route to Barrington Hills via Hofmann Estates and Barrington. Road bike highly recommended. One rest stop, back by 11 AM.
Sat., Sept. 3	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., Sept. 4	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Sunday Slo Pol Ride Ride will end no later than 11 AM. Cancelled by rain or wet roads.
Sun., Sept. 4	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walt Chlipala 630-833-7685	Sunday Morning Ride Ride with Walt on a two and ½ to three hour ride.
Sun., Sept. 4	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., Sept. 4	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., Sept. 4	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., Sept. 5	7:00 AM	100 miles 12-14 mph	Madison Meadow Wilson Ave. En- trance	Betty Bond 630-932-0271	Humdinger to Hampshire Century Ride It's late summer and you are in the best shape possible for this all pavement ride to the famous Rose Garden Café. Bring lunch if you prefer. No sag wagon. Bring snacks and plenty of water.
Mon., Sept. 5	8:30 AM	65 miles 16-18 mph	Tracy Gainer's House 155 Millers Cross- ing, Itasca	Tracy Gainer 630-250-9433	Itasca to Fox River Grove Enjoy this Labor Day ride on (hopefully) traffic free roads. All road ride, some stops. Stick around afterward for lunch.
Mon., Sept. 5	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Determined by riders that show	The Monday Night Ride Show and Go This Monday night ride will be a Show and Go. The riders that show will decide the ride leader.

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
Tues., Sept. 6	9:00 AM	35 miles 15-17 mph	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Ride with Bill and Karen to Naperville and Elsewhere One stop. Cue sheets available to ride at a 13-15 mph pace.
Wed., Sept. 7	9:00 AM	38-40 miles 12-14 mph	McCullum Park Downers Grove	Joanne Dybala 630-493-1514	Oldies But Goodies Ride Wear your oldest jersey, t-shirt or other bicycle related clothing you can find. Ride an old bike if you dare! Lunch or snack stop at Jewish deli.
Wed., Sept. 7	9:00 AM	30-35 miles 10-12 mph	Depot Elmhurst	Joanne Dezur 630-833-7688	Remembering the Original Metro Metric Ride part of the original Metro route. Stop at McDonald's or bring your own.
Wed., Sept. 7- Tues., Sept. 13	10:00 AM	About 50 miles per day 12-14 mph	Jubilee College State Park near Peoria	Carole Danillo 630-495-8162	Self Contained Ride Through West Central Illinois Join Carole on a seven day adventure around west central Illinois. All camping except for one night. Overnight in Galesburg, Oquawka, Nauvoo, Quincy, Beardstown, and Havana. NO SAG SUPPORT.
Wed., Sept. 7	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., Sept. 7	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Laura Sanborn Kuhlman 630-465-5467	Wednesday Night Fast Pace Show n Go The riders that show will determine the leader, distance and pace. Lights are needed.
Thurs., Sept. 8	7:15 PM		Community Bank Elmhurst	Roland Porter 630-655-1890	Monthly Club Meeting Board meeting precedes club meeting.
Thurs., Sept. 8	9:00 AM	50 miles 17-19 mph	Soccer Field, Peck and Campton Hills Rd. St. Charles	Karen and Bill Schwartz 708-334-6250	Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation. Lunch in Sycamore.
Sat., Sept. 10	7:30 AM	29-45 miles 12-14 mph	Plainfield High School	Janet Koludrovic 630-954-5126	Plainfield and Farther Out 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., Sept. 10	8:00 AM	35-40 miles 18-20 mph	Lifetime Fitness Schaumburg	Karin Mouline 847-254-5752	Saturday Morning Very Fast Ride Karim has a newly designed route to Barrington Hills via Hofmann Estates and Barrington. Road bike highly recommended. One rest stop, back by 11 AM.
Sat., Sept. 10	9:00 AM	20-25 miles 11-13 mph	Depot Elmhurst	Jeanne Whiting 630-669-8863	Theosofest in Wheaton Ride to the National Center of the Theosophical Society in Wheaton to check out Theosofest (www.theosofest.org). The fest celebrates spiritual harmony and healing. There will be speakers and booths to check out.
Sat., Sept. 10	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., Sept. 11	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Sunday Slo Po! Ride Ride will end no later than 11 AM. Ride cancelled by rain or wet roads.
Sun., Sept. 11	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walt Chlipala 630-833-7685	Sunday Morning Ride Ride with Walt on a two and ½ to three hour ride
Sun., Sept. 11	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., Sept. 11	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., Sept. 11	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Sept. 11	1:30 PM	15-20-miles 10-12 mph	Depot Villa Park	Martha Miles 630-858-5250	Museum Miles Join Martha for a pleasant Sunday afternoon ride to visit a local museum, Stacy's Tavern, a fully restored tavern/inn of the 1840's and 1850's in Glen Ellyn. Admission is \$1.00 for adults, 50 cents for seniors. Ride cancelled by bad weather.
Mon., Sept. 12	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Determined by riders that show	The Monday Night Ride Show and Go This Monday night ride will be a Show and Go. The riders that show will decide the ride leader.

Date	Time	Distance	Start	Ride Leader	Ride Description
Tues., Sept. 13	9:00 AM	18-20 miles 8-10 mph	Depot Villa Park	Judy Mikesell 630-833-1036 630-290-2675 the day of the ride	New Adventure Ride Ride to Clarendon Hills coffee shop.
Tues., Sept. 13	9:00 AM	35 miles 15-17 mph	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Ride with Bill and Karen to Naperville and Elsewhere One stop. Cue sheets available to ride at a 13-15 mph pace.
Wed., Sept. 14	8:30 AM	30+ miles 10-12 mph	Depot Elmhurst	Joanne Dezur 630-833-7688	Part of the Original Metro Ride with Joanne on part of the original Metro route. One stop at McDonalds
Wed., Sept. 14	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and 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., Sept. 14	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., Sept. 15	9:00 AM	50 miles 17-19 mph	Soccer Field, Peck and Campton Hills Rd. St. Charles	Karen and Bill Schwartz 708-334-6250	Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation. Lunch in Sycamore.
Fri., Sept. 16	6:00 PM	10-12 miles 10-12 mph	Depot Villa Park NEW START POINT	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 independ- ent ethnic restaurant. Bring light, lock and money.
Sat., Sept. 17	8:00 AM	35-40 miles 18-20 mph	Lifetime Fitness Schaumburg	Karin Mouline 847-254-5752	Saturday Morning Very Fast Ride Karim has a newly designed route to Barrington Hills via Hoffman Estates and Barrington. Road bike highly recommended. One rest stop, back by 11 AM.
Sat., Sept. 17	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., Sept. 17	9:00 AM	30 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	Eli's Cheesecake Festival Ride Journey to the beautiful northwest side for Eli's Cheesecake Festi- val. Devour free cheesecake samples until you can't pedal. Bring money, lock and a healthy appetite. Other food available. Some busy streets.
Sat., Sept. 17	9:30 AM	20 miles 10-12 mph	2 nd Forest Preserve Parking Lot on West Side of Harms Rd. North of Golf Rd.	Judy Mikesell 630-833-1036 630-290-2675 the day of the ride	North Branch Trail Ride 10 miles to and from the Chicago Botanic Gardens. Enjoy the Gardens and have lunch before returning. Bring picnic or money. Option to do additional 20 miles going south of the parking lot. Note: Harms Rd. is just west of I-94
Sun., Sept. 18	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Sunday Slo Pol Ride Ride will end no later than 11 AM. Cancelled by rain or wet roads.
Sun., Sept. 18	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walt Chlipala 630-833-7685	Sunday Morning Ride Ride with Walt on a two and ½ to three hour ride.
Sun., Sept. 18	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., Sept. 18	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., Sept. 18	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., Sept. 19	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride Join Larry for the last Monday night ride of the summer. Larry is mixing the ride between the roads and the trails. Mountain or hy- brid bike recommended.
Tues., Sept. 20	9:00 AM	35 miles 15-17 mph	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Ride with Bill and Karen to Naperville and Elsewhere One stop. Cue sheets available to ride at a 13-15 mph pace.
Wed., Sept. 21	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and 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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Sept. 21	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., Sept. 22	9:00 AM	50 miles 17-19 mph	Soccer Field, Peck and Campton Hills Rd. St. Charles	Karen and Bill Schwartz 708-334-6250	Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation. Lunch in Sycamore.
Fri., Sept. 23	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., Sept. 24	7:30 AM	29-45 miles 12-14 mph	Plainfield High School	Janet Koludrovic 630-954-5126	Plainfield and Farther Out 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., Sept. 24	8:00 AM	35-40 miles 18-20 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Very Fast Ride Karim has a newly designed route to Barrington Hills via Hofmann Estates and Barrington. Road bike highly recommended. One rest stop, back by 11 AM.
Sat., Sept. 24	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., Sept. 25	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Sunday Slo Pol Ride Ride will end no later than 11 AM. Cancelled by rain or wet roads.
Sun., Sept. 25	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walt Chlipala 630-833-7685	Sunday Morning Ride Ride with Walt on a two and ½ to three hour ride.
Sun., Sept. 25	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	Triple Loop Century 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 vehicle parked at Panera so you can store personal items. He will also have food and drink to refuel after each loop.
Sun., Sept. 25	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 top and fast sprints. Bring enough food/drink to refuel.
Sun., Sept. 25	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders that show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Sept. 25	1:30 PM	20-miles 10-12 mph	Depot Villa Park	Martha Miles 630-858-5250	Museum Miles Take a trip through history as we visit the Downers Grove Historical Museum located in the 1892 home of Charles Blodgett. Admission is free. Ride cancelled by bad weather.
Mon., Sept. 26	6:00 PM	20-25 miles 13-15 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride Join Larry for the first Monday night ride of fall. Larry is mixing the ride between the roads and the trails. Mountain or hybrid bike recommended.
Tues., Sept. 27	9:00 AM	35 miles 15-17 mph	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250	Ride with Bill and Karen to Naperville and Elsewhere One stop. Cue sheets available to ride at a 13-15 mph pace.
Wed., Sept.28	9:00 AM	33-38 miles 12-14 mph	Fullersburg Woods Parking Lot	Mary Jo Bolan 630-887-9652	A Wednesday Ride Ride through various towns and on the I and M path in Willow Springs. Snacks or early lunch at an outdoor hot dog stand or bring your own.
Wed., Sept. 28	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and 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., Sept. 28	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 who show will determine the leader, distance and pace. Lights are needed.
Thurs., Sept. 29	9:00 AM	50 miles 17-19 mph	Soccer Field, Peck and Campton Hills Rd. St. Charles	Karen and Bill Schwartz 708-334-6250	Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation. Lunch in Sycamore.

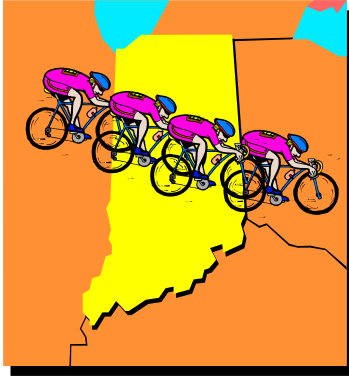
Notice to Sunday Slo-Polks: The start time for the Sunday Slo-Pol ride, from Panera Bread Co., will move forward to 8 am beginning the first Sunday of the month, for the balance of the year. Rides speeds will remain at 12 - 15 mph and end at 11 am. - *Petra Hofmann*



The Ride Across Indiana

by Ray Dal Lago

On Saturday, July 16, Don Augustyn, Bob Parilli, Eric Peterson and I rode the Ride Across Indiana, RAIN for short. This is a 162 mile ride from Terre Haute on the west to Richmond on the east. It's not a charity ride or a race. Plain and simple, it's a ride. Approximately 1100 riders registered for the ride and slightly more than 900 finished.



The ride began at 6 AM but by 5:30 AM hundreds of riders were at the starting point. At 6 AM the starters gun was fired and we began our ride. Eight hours and few minutes later (nine+ hours if you add rest and lunch stops) we crossed the finish line.

As we drove home after the ride (a four and a half hour drive) we talked excitedly about the ride and what we saw, how we felt, etc. I realized we had some very interesting facts to share with anyone who likes cycling. Here are the details. Look for a full ride recap on the list server.

Miles - 162

Weather - 100% humidity at the start (we would have been drier if it was raining), overcast by 9:30, sunshine by 11:00, rain at 1 PM, sunshine at the end.

Route - mostly I-40, a lot of country roads, rolling hills

Ride time - 8 hours and a few minutes

Average speed - 20 mph

Finish line order - Don, Bob, Eric, Ray

Gear shifts - roughly 300-350 per rider

Pedal strokes - 43,200 per rider. This is calculated at 1.5 strokes per second, 90 stokes per minute, 5400 per hour 43,200 for the eight hours

Calories burned - 8000+ per rider

Water bottles we went through - 37 of various liquid combinations

Power Bars we ate - 15 (Don had seven, Ray had none)

Gu shots we ate - over 20 (Don had 13, Ray had none)

Bananas we ate - four (Eric and Ray each had two)

Roadkill we saw - very little

Tandems we saw - maybe 10

Recumbents we saw - less than roadkill

Unicycles we saw - none

Mountain bikes we saw - count them on one hand

Most popular makes of bikes - Trek, then Cannondale, then Specialized. No Bridgestones, a few Lightspeeds, three Schwinn Paramounts

Number of stopped riders who fell under a stopped car - one

Number of riders who fell while waiting for the ride to begin - one

Percentage of men to women - 70% men, 30% women

Number of businesses we saw named after Ray - three...Ray's Towing, Ray's Waste Hauling, Raymond's Printing.

Number of businesses we saw named after Don, Eric or Bob - none

Number of times Bob said "Gentlemen, the tank is empty" - ad nauseam

Goofy things we encountered while riding - a guy in gray gym shorts pedaling next to Eric who talked like a Saturday Night Live version of Ross Perot...a recumbent rider with a rain shell over the entire bike. You could see only his head...Don could not find a Coke machine until five miles before the end. He wanted a Coke badly but if he stopped Bob would pass him...a rider who asked if he could draft off me and did so for four miles and never said a word.

Things learned - we all learned that 162 miles is a long way. Eric learned that I really likes to eat, Bob has multiple fuel tanks and Don carries a lot of metal around his neck. Bob learned that bike shorts are essential. I learned that even after riding 162 miles Bob can stay awake while driving. I had my doubts.

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". We will have a **sag wagon** and snacks and cold drinks along the way.

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



What makes the Metro Metric a success? It's riders like the sturdy young fellow (left) who completed 36 miles! And it's our volunteer members (right) like **Sharon Ganske, Sandy Mapes and Marge Ricke.**

New on the EBC Website: Cycle Destination Information

We have a new feature on the website which lets members exchange and recycle information and resources about their favorite cycle spots. Check it out to see cycling location resources provided by your fellow members. You may find:

- ◆ Books & Maps a member recommends.
- ◆ Recommended links.
- ◆ Web pages members have created.
- ◆ Places contacts are willing to talk to you about.
- ◆ Things we didn't think of yet.

To find the site go to Rides and Events / Helpful Information / Resources.

ALSO we are looking for CONTRIBUTORS. Contributions can be books to loan, suggestions, web site pointers, or anything that might help your fellow cyclists enjoy new locations. This site was the suggestion of **George Her-mach**, who provided our first set of resources. George is looking kinda lonely out there so we would like some other resources. Check out the site, there is a user's page and a contributor's page.

Send comments and help to **Harold Lassers** (hlassers@comcast.net). If you like the site also thank **Cindy Reedy** and **Sharon Ganske**, it would not have been possible without their help.

Thanks in advance for your comments and contributions.

- Harold Lassers



EBCers take advantage of great bargains on strange stuff at the American Science & Surplus tent sale in Geneva.

The EBC List Server

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

Any changes to subscriptions will not take effect until the List Server administrator is notified in a separate email. So, also send a message to me (orionradio@hotmail.com). The subject line should be "List Server" (the reason is that your email will show up in my junk mail list and it will give me a "heads up"). If you are a new member also include when you joined the club and your telephone number.

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

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

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

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

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

Mary Moroney, email cycling33@comcast.net.

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

- Marty Kotecki, List Server Administrator

2006 Upper Peninsula Ski Trip

The dates for the sixth annual trip are February 5—10, 2006. The Indianhead Motel in Ironwood, MI will again be our home base, and a block of rooms has been set aside. The 2005 price for a double occupancy was \$185.00 and for a single \$230.00. The price includes lodging for 5 nights, continental breakfasts, \$10.00 credit towards dinner each evening, and trail passes. There will be a small price increase this year only if trail pass prices increase. If you are interested and want to experience some of the best XC skiing in the Midwest, call the Indianhead Motel, 1-906-932-2031, and make your reservation; then, call **Sharon Ganske** (630 462-3734) and let her know your details. Downhill skiing is also available. When you call the motel, ask for the price of the downhill packages. For the last few years we have had over thirty members on the trip. Make your reservations early! - Sharon Ganske

Does Your Cellphone Have ICE?

Emergency officials recommend having an In Case of Emergency entry in your cellphone phone book. If you are incapacitated, rescuers will look for an "ICE" entry and contact the phone number you have programmed in.

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. Use southwest parking lot.
Parking Lot at Maple and Park Lombard, IL	The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.

MEMBERSHIP APPLICATION

Individual(\$20)
 Family(\$25)
 New Renewal

[Indicate with ** next to any information you **do not want** to appear in the club directory]

EBC's membership year runs from January 1 to December 31.

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

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

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

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

Date _____ Signature _____

Signatures of adult family members for family Membership _____

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

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



www.elmhurstbicycling.org

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



On the way home from bicycle camping at Lake Geneva (left), EBCers **Mike Struglinski**, **Mau-reen O'Rourke** and **Rich Diebold** stop for the second-best club breakfast at the Home Plate restaurant in Genoa City, WI. A little further down the trail (right), they are reminded that a bicycle is not the only form of Human Powered Vehicle at the 11th annual McHenry handcar races. Shown here is the Waukegan Police Department team.

At the August club meeting, safety chairman **Larry Gitchell** described what it's like to be hit by a car. In a nutshell: it's not good.

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: Brand new **EBC club jersey**, women's SM. \$67.25. Contact **Roland Porter**, 630-655-1890, porter411@comcast.net.

For Sale: **Draftmaster 3-Bike Hitch mount rack**. Used just a few times, stored inside, security hitch bolt included. Excellent Condition. \$280. Contact **Henry Kramer**, 630-971-1655 or hkramer@bac74.org (09/05)