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630 655-1890

Porter411@comcast.net

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Ride Captain

Ray Dal Lago

630-543-4655
dlag10@aol.com

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630-493-1514

rideabike@fastmail.fm

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MJBolan39@comcast.net

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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

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708-660-9185

ebcadvocate@gruffle.com

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Sergeant at Arms

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Refreshments

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630-530-7745

miconette@aol.com

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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

November 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 Members Around and About

This year EBC member **Freda Brown** rode, SOLO and self-contained, 3,456 miles to Oregon. What does she say about her trek?

"How to say this was a fabulous experience and I would do it again in a minute?! Rained only 3 or 4 times. No horrific, all day headwinds. Absolutely no negative experiences from locals or traffic. But the beauty! Ahh. That's the piece that is difficult to convey in words."

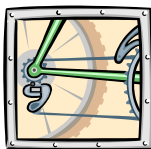


Freda pauses at Pompey's Pillar National Monument near Billings, Montana. Freda will show and tell us more about her adventure at our November meeting.

In addition, members **Joanne DeZur**, **Elaine Dow** and **Margaret Cross** rode the 400 mile tour of the Golden Ring of Moscow, Russia. At our October meeting, Joanne gave a fascinating account of her experiences.



Clockwise from top left, the group stops for lunch; the patio at Catherine the Great's summer palace near St. Petersburg; two young cyclists from the home town of cosmonaut Valentina Tereshkova, the first woman in space; Joanne arrives at Myshkin, the town named for the legendary mouse that saved a prince from a venomous snake.



New Links in the Chain Joining the EBC

DIANN BAUER
CARBONDALE
poolfrogdb@aol.com

THOMAS W. CLARKE
AURORA
tclarke123@aol.com

DAVID FAIRBURN
MT. PROSPECT
davefairburn@ki.com

MIKE ROSSITER
LA GRANGE PARK
bikeongf@ync.net



NOVEMBER MEETING Election of Officers *and* Freda Brown: Solo Tour to Oregon

Thursday, November 10, 2005, 7:15 P.M.
Community Bank of Elmhurst
330 W. Butterfield Road, Elmhurst
(at the corner of Spring Road & Butterfield Rd.)

[December—Pizza Party!]

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 10/19/2005

Type	Memberships	Members
Family	58	140
Individual	178	178
Total	236	318

Year-to-date, as of 10/23/2005

	Miles	Events
2005	152,988	621
2004	127,414	595

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:

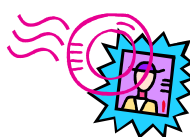
Mary Moroney, Database Manager
P.O. Box 902
Elmhurst, IL 60126
Or email: cycling33@comcast.net

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 December, 2005, Cue Sheet is **Sunday, November 13th**. Send items to:
Lew Worthem, Newsletter Editor. Phone: 630-834-5281 or 630-835-7270
Email: EBCNews@worthem.com

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Collating Party

Friday, November 25, 7:00 P.M., at the home of
Judy and Charlie Mikesell in Villa Park.
Call Judy at 630-833-1036 for details.

Renew Your Membership Promptly!

EBC membership runs from January 1st to December 31st each year. To remain a club member in 2006, please send in your membership renewal form with your check, or bring the form and cash or check to the November or December meeting. If there are no changes since last year, you can just print "no changes" on the top of your renewal form, but sign and date the form. For EBC family memberships, all adults must sign.

-*Joanne Dybala, Membership Chairperson*

Ride Captain's Limerick...

There's going to be a ride led by Frank Amorosi
But he doesn't know it! It will be grandiosi!
We'll ride on Halloween
With Betty and Maureen
And talk about scary actors like Bela Lugosi.

... and a message -

We're on track to ride 160,000 club miles this year. Great job everyone! Keep riding!

- *Ray Dal Lago*



Thanksgiving Day Hike and Dinner

Come join **Charlie and Judy Mikesell** for their annual family Thanksgiving Hike and Dinner at White Pines State Park in Oregon, IL. The hiking is great and we usually work up a good appetite for a 2:00 p.m. buffet.



RESERVATIONS are REQUIRED so please contact us by Nov. 8th if you are interested. (You can always cancel if your plans change but it is hard to increase the reservation.) If you have a non-hiker that would like to come, there is a small gift shop where they can wait by the fireplace. Dress for the weather because we hike & eat no matter what the weather. For more details contact the **Mikesells** at 630.833.1036 and see the ride schedule.

November 2005

ELMHURST BICYCLE CLUB CALENDAR

Compiled by Ray Dal Lago, VP and Ride Captain

Ride Scheduling Guidelines

The deadline for submissions to the December, 2005, Ride Schedule is Sunday, November 13. Call Ride Captain **Ray Dal Lago, 630-543-4655**, email **Ray** at **dlag10@aol.com** (or see **Ray** at the November monthly meeting for the December 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 12-14 mph = moderate 16-18 mph = fast
10-12 mph = slow 14-16 mph = medium 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.

If you are a substitute ride leader, make sure you maintain details of the ride. Keep the pace, distance, destination, start time and start location the same as the original ride leader posted.

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
Tues., Nov. 1	10:00 AM	25-35 miles 12-17 mph	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250 630-303-1160	Ride with Bill and Karen to Naperville and elsewhere. One stop. Ride cancelled by: temperature below 22 degrees, rain, icy roads, snow on streets. Call if there is a question about ride status.
Wed., Nov. 2	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. & Park Ave. Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Nov. 2	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	Wednesday Night Fast Pace Show n Go The riders who show will determine the leader, distance and pace. Lights are needed.
Thurs., Nov. 3	10:00 AM	30-50 miles 14-20 mph	Soccer Field, Peck and Camp- ton Hills Rd. St. Charles	Karen and Bill Schwartz 708-334-6250 630-303-1160	Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation. Lunch in Sycamore. Ride cancelled by: temperature below 22 degrees, rain, icy roads, snow on streets.
Fri., Nov. 4	9:00 AM	35 miles 12-14 mph	Busse Woods Elk Grove Village	Dick Diebold 847-891-6010	Ride to ??? Here's another of Dick's enjoyable mystery rides. All paved surfaces. Meet at the 1 st parking lot off Biesner, north of Biesterfield.
Sat., Nov. 5	9:00 AM	3 miles	Churchill Woods Forest Preserve Glen Ellyn	Susan Kilgore 630-515-1865	Long Walk on a Short Trail Join Susan for a 1 and ½ hour hike> Meet at the Churchill Woods parking lot just west of the ranger's residence on St. Charles Rd.
Sat., Nov. 5	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go. The riders who show will determine the ride leader, distance and pace.
Sat., Nov. 5	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczeniak 630-963-7796	Saturday Afternoon Ride Ride on paved bike paths, streets, or limestone path. House could be used for warming and hot chocolate after the ride. RSVP by 8 PM Friday before the ride.

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

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Nov. 6	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Sunday Slo PoI Ride Ride will end no later than 11 AM. Ride cancelled by rain, snow or wet roads.
Sun., Nov. 6	8:30 AM	20-25 miles 10-13 mph	Panera Bread Elmhurst	Walt Chlipala 630-832-9390	Sunday Morning Ride Ride with Walt on a two and ½ to three hour ride
Sun., Nov. 6	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., Nov. 6	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., Nov. 6	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go. The riders who show will decide ride leader, distance and pace.
Mon., Nov. 7	6:00 PM	15-20 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride Larry is transitioning the ride to a Show & Go basis for November. Call Larry if the weather looks good and you want to ride. Ride may be road, trail or a combination. Mountain or hybrid bike recommended. Ride cancelled if at 5:15 PM the temperature is below freezing or there is rain or snow. Headlight AND taillight required!
Tues., Nov. 8	10:00 AM	25-35 miles 12-17 mph	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250 630-303-1160	Ride with Bill and Karen to Naperville and elsewhere. One stop. Ride cancelled by: temperature below 22 degrees, rain, icy roads, snow on streets. Call if there is a question about ride status.
Wed., Nov. 9	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and Park Ave. Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Nov. 9	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	Wednesday Night Fast Pace Show n Go The riders who show will determine the leader, distance and pace. Lights are needed.
Thurs., Nov. 10	8:00 AM	69 Miles 13-15 mph	Depot Elmhurst	Maureen O'Rourke 708-660-9185	Ride to the Botanic Gardens Join Maureen for a great fall ride to the Botanic Gardens. Buy lunch there or bring your own.
Thurs., Nov. 10	10:00 AM	30-50 miles 14-20 mph	Soccer Field, Peck and Campton Hills Rd. St. Charles	Karen and Bill Schwartz 708-334-6250 630-303-1160	Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation. Lunch in Sycamore. Ride cancelled by: temperature below 22 degrees, rain, icy roads, snow on streets.
Thurs., Nov. 10	7:15 PM		Community Bank Elmhurst	Roland Porter 630-655-1890	Monthly Club Meeting Board meeting precedes club meeting
Sat., Nov. 12	8:00 AM	35-40 miles 18-20 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride Ride with Karim and members of the Schaumburg Bike Club through Hoffman Estates and South Barrington into Barrington Hills. Road bike strongly recommended. One rest stop, finish before 11 AM.
Sat., Nov. 12	9:00 AM	4 miles	McKee Marsh Blackwell FP Warrenville	Susan Kilgore 630-515-1865	Goose Feathers Hike Meet at the McKee Marsh parking lot off Mack Rd., east of Rt. 59.
Sat., Nov. 12	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go. The riders who show will determine the ride leader, distance and pace.
Sat., Nov. 12	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczeniak 630-963-7796	Saturday Afternoon Ride Ride on paved bike paths, streets, or limestone path. House could be used for warming and hot chocolate after the ride. RSVP by 8 PM Friday before the ride.
Sun., Nov. 13	8:00 AM	20-30 miles 11-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667	Sunday Slo PoI Ride Ride will end no later than 11 AM. Cancelled by rain or wet roads.
Sun., Nov. 13	8:30 AM	20-25 miles 10-13 mph	Panera Bread Elmhurst	Walt Chlipala 630-832-9390	Sunday Morning Ride Ride with Walt on a two and ½ to three hour ride.
Sun., Nov. 13	8:30 AM 11:00 AM 1:30 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., Nov. 13	9:00 AM	25 miles 12 mph	Kappy's Restaurant Roosevelt Rd Villa Park	Dick Diebold 847-891-6010	18th Annual Birthday Ride to the Zoo Meet at Kappy's at 8:00 AM for breakfast and then ride to the zoo. Tour the zoo or turn around and go back.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Nov. 13	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go. The riders who show will decide ride leader, distance and pace.
Mon., Nov. 14	6:00 PM	15-20 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride Larry is transitioning the ride to a Show & Go basis for November. Call Larry if the weather looks good and you want to ride. Ride may be road, trail or a combination. Mountain or hybrid bike recommended. Ride cancelled if at 5:15 PM the temperature is below freezing or there is rain or snow. Headlight AND taillight required!
Tues., Nov. 15	10:00 AM	25-35 miles 12-17 mph	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250 630-303-1160	Ride with Bill and Karen to Naperville and elsewhere. One stop. Ride cancelled by: temperature below 22 degrees, rain, icy roads, snow on streets. Call if there is a question about ride status.
Wed., Nov. 16	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and Park Ave, Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Nov. 16	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	Wednesday Night Fast Pace Show n Go The riders who show will determine the leader, distance and pace. Lights are needed.
Thurs., Nov. 17	10:00 AM	30-50 miles 14-20 mph	Soccer Field, Peck and Campton Hills Rd. St. Charles	Karen and Bill Schwartz 708-334-6250 630-303-1160	Ride to Sycamore Be prepared for some hills. Call before the ride to check for weather cancellation. Lunch in Sycamore. Ride cancelled by: temperature below 22 degrees, rain, icy roads, snow on streets.
Sat., Nov. 19	8:00 AM	35-40 miles 18-20 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride Ride with Karim and members of Schaumburg Bike Club through Hoffman Estates and S. Barrington to Barrington Hills. Road bike strongly recommended. One rest stop, finish before 11 AM.
Sat. Nov. 19	9:00 AM	4 miles	Fullersburg Forest Preserve Oak Brook	Susan Kilgore 630-515-1865	Pre-Thanksgiving Waddle Get ready for the big eat by Walking Away Dangerously, Delicious Lingering Edibles (WADDLE) and then go out for a cheeseburger at the York Tavern. Meet at the Spring Rd. parking lot.
Sat., Nov. 19	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go. The riders who show will decide the ride leader, distance and pace.
Sat., Nov. 19	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczeniak 630-963-7796	Saturday Afternoon Ride Ride on paved bike paths, streets, or limestone path. House could be used for warming and hot chocolate after the ride. RSVP by 8 PM Friday before the ride.
Sun., Nov. 20	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. Cancelled by rain or wet roads.
Sun., Nov. 20	8:30 AM	20-25 miles 10-13 mph	Panera Bread Elmhurst	Walt Chlipala 630-832-9390	Sunday Morning Ride Ride with Walt on a two and ½ to three hour ride.
Sun., Nov. 20	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., Nov. 20	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., Nov. 20	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go. The riders who show will decide ride leader, distance and pace.
Mon., Nov. 21	6:00 PM	15-20 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride Larry is transitioning the ride to a Show & Go basis for November. Call Larry if the weather looks good and you want to ride. Ride may be road, trail or a combination. Mountain or hybrid bike recommended. Ride cancelled if at 5:15 PM the temperature is below freezing or there is rain or snow. Headlight AND taillight required!
Tues., Nov. 22	10:00 AM	25-35 miles 12-17 mph	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250 630-303-1160	Ride with Bill and Karen to Naperville and elsewhere. One stop. Ride cancelled by: temperature below 22 degrees, rain, icy roads, snow on streets. Call if there is a question about ride status.
Wed., Nov. 23	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., Nov. 23	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	Wednesday Night Fast Pace Show n Go The riders who show will determine the leader, distance and pace. Lights are needed.

Date	Time	Distance	Start	Ride Leader	Ride Description
Thurs., Nov. 24	8:30 AM	30 miles 12-14 mph	Parking Lot Spring Rd. and Prairie Path Lane. Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	Turkey Day Ride Work off Thanksgiving dinner before you eat it with the traditional ride to Brookfield Zoo. Free admission! Explore the zoo for about an hour. One stop before zoo. SAG wagon with snacks at zoo. Bring lock. Ride cancelled if active rain or snow occurring at ride time.
Thurs., Nov. 24	11:30 AM	TBD	White Pines State Park Oregon, IL	Judy Mikesell 630-833-1036 630-290-2675	Thanksgiving Day Hike and Buffet Come out for the annual Thanksgiving Day hike and buffet. <u>Reservations taken UNTIL Nov. 8th</u> . White Pines State Park is 8 miles west of Oregon, IL, 12 miles north of Dixon, IL. Allow two hours drive time. Call Judy for complete details.
Fri., Nov. 25	Noon	20-25 miles 12-14 mph and 15-17 mph	6208 Middaugh Downers Grove	Karen and Bill Schwartz 708-334-6250 630-303-1160	Left-over Pot Luck Buffet Grab those leftovers and bring them to the Schwartz's. The rides start at noon and the feast starts at 3 PM. Call for directions of more information.
Fri., Nov. 25	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., Nov. 26	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go. The riders who show will decide the ride leader, distance and pace.
Sat., Nov. 26	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczesniak 630-963-7796	Saturday Afternoon Ride Ride on paved bike paths, streets, or limestone path. House could be used for warming and hot chocolate after the ride. RSVP by 8 PM Friday before the ride.
Sun., Nov. 27	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. Cancelled by rain or wet roads.
Sun., Nov. 27	8:30 AM	20-25 miles 10-13 mph	Panera Bread Elmhurst	Walt Chlipala 630-832-9390	Sunday Morning Ride Ride with Walt on a two and ½ to three hour ride.
Sun., Nov. 27	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., Nov. 27	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., Nov. 27	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go. The riders who show will decide ride leader, distance and pace.
Mon., Nov. 28	6:00 PM	15-20 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 708-421-0120	The Monday Night Ride Larry is transitioning the ride to a Show & Go basis for November. Call Larry if the weather looks good and you want to ride. Ride may be road, trail or a combination. Mountain or hybrid bike recommended. Ride cancelled if at 5:15 PM the temperature is below freezing or there is rain or snow. Headlight AND taillight required!
Tues., Nov. 29	10:00 AM	25-35 miles 12-17 mph	Imax Theater Woodridge	Karen and Bill Schwartz 708-334-6250 630-303-1160	Ride with Bill and Karen to Naperville and elsewhere. One stop. Ride cancelled by: temperature below 22 degrees, rain, icy roads, snow on streets. Call if there is a question about ride status.
Wed., Nov. 30	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., Nov. 30	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	Wednesday Night Fast Pace Show n Go The riders who show will determine the leader, distance and pace. Lights are needed.

November is Election Month!

As required by the EBC bylaws, club officers will be elected at the November meeting. The nominating committee presented the following slate of candidates:
 President — **Ray Dal Lago** V.P. and Ride Captain — **Steve Josephs**
 Secretary — **Nancy Rice** Treasurer — **Phil Keller**
 Membership — **Kären Schwartz**

In addition to the five elected positions, there are two appointed board members. These positions were expected to be filled by:
 Metro Metric — **Joanne Dezur** Newsletter — **Low Worthem**
 Additional nominations, with the nominee's approval, may be received from the floor up until the time of election. Election is by a majority of members present. All elected officers assume their positions on January first.



What do these EBC members have in common? They will both be back in the saddle real soon! Frank Amorosi and Bob Jones at Caputo's wine and cheese tasting, 10/22 (photo by Paul Punchum)

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.

November, 2005



www.elmhurstbicycling.org

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

UP Cross-country Ski Trip 2006

The annual EBC cross-country ski trip to the Upper Peninsula of Michigan is scheduled for February 5 to February 10. A block of rooms have been set aside at our home base the Indianhead Motel in Ironwood, MI. The price for a double occupancy is \$190 and for a single is \$240. The price includes lodging for 5 nights, continental breakfasts, \$10 credit towards dinner each evening and trail passes. The average annual snow fall for this area is 200 inches. The club has enjoyed skiing, eating, getting together at night for socializing and playing dominoes and other games, eating, snow shoeing, eating, night hiking — and did I mention eating? — for several years.

Downhill skiing is also available. You can get more details and the downhill package pricing when you call the motel.

If you are interested and want to experience some of the best XC skiing in the Midwest, call the Indianhead Motel 906-932-2031 to make your reservations. **Sharon Ganske** will be coordinating the trip this year and will assist with ride/room sharing details if possible. Please let her know when you make your reservations. Sharon will send out the details on the dinner and trail location schedules in January to those who have signed up.

2006 Colorado Trip, Aug. 1-14

4 days of hiking in Rocky Mountain National Park; 5 days of bike path cycling around Summit County to Breckenridge, Keystone, Leadville, and Vail; one transition day ride through Glenwood Canyon to Redstone; 3 days of hiking/cycling in the Durango - Mesa Verde area

Those desiring more of a 1-week trip could skip the hiking and arrive at Frisco on Saturday and leave from Redstone.

The total lodging cost per bedroom is between \$950 and \$1000. Most include kitchens.

The hiking is strenuous at 10,000 ft altitude and in mountainous terrain, but the paths are well marked and there are dozens of choices rated as easy, moderate and difficult.

The cycling is adaptable to ability. The backbone paths are relatively flat as around here, but additional difficulty is available by continuing past our destinations to climb Hoosier, Loveland, Independence, Freemont, McClure, Coal Bank, Molas, Ute, Tennessee and/or Wolf Creek pass at various days on the trip. As with the hiking, the cycling scenery has to be seen to be believed. Contact **Bill or Kären Schwartz**, 630-303-1160, cteach3@comcast.net. (Remember, *Metro Metric XXVI* is July 30, 2006.)

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)

For Sale: **Waterford Adventure Bike** (touring; frame model 1600) size 58cm; Shimano Ultegra triple; Phil Wood hubs; heavy duty wheels, bags, pump, computer etc. Bike has every brazeon for pannier racks and three water bottles. Dark green with gold transfers. Price \$1900. **Roland Porter** 630-308-1890. This is a great bike. (10/05)

10% Discount to EBC Members at www.BicycleGifts.com. Poster jerseys, posters, trade cards, memorabilia, books, journals, fun T-shirts, note cards, art. Use coupon code EBC05 at web checkout or call 630.462.5427, email rkuhlman@BicycleGifts.com to save freight and pick up the order. (valid thru 12/23/05)