

## Board Members

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**Roland Porter**

630-655-1890

Porter411@comcast.net

Vice President /  
Ride Captain  
**Ray Dal Lago**  
630-543-4655  
dlag10@aol.com

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630-493-1514  
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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  
**Maureen O'Rourke**  
708-660-9185  
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**Rich Kuhlman**  
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630-629-1812  
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Sergeant at Arms  
**Mike Struglinski**  
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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

## December 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!

### New Electronic Ride Submission Form

We have now implemented an electronic ride submission form to make getting rides onto the schedule easier than ever. This can be used for both unpublished rides and for new rides to be added to next month's regular calendar.

To use the new form, go to <http://www.stevejosephs.com/EBC/addRide.aspx>, or access this through the "Ride Schedule Form" link on the EBC website – click on "Submit online" link under "Schedule an EBC Ride!" - "Electronic Options."

The form itself is simple to use. Just click on the ride date in the calendar, enter the other information, and click the submit button. This automatically sends an email to **Steve Josephs and Nancy Rice**, and also enters the ride in a database where we can use this to create the ride calendar.

Please give this a try – and also let me know if you have any ideas or suggestions for improvements.—*Steve Josephs VP and Ride Captain Elect*



### Use this form to Submit a Ride

Enter the Ride Details:

Ride Name:

Lombard to Wayne Show n Go

Ride Date:

(select first date if multiple days)

November 2005						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

Ride Time:

10:00 am

Late Addition

Distance / Pace:

38 miles at 12 to 14 mph

Start Location:

Parking Lot, Maple and Park - Lombard

Ride Leader & Phone Number:

Determined by riders that show

Description:

Join fellow club members on an easy, comfortable ride from Lombard to Wayne. Snack/lunch stop at Country Store in Wayne. Distance may be shortened due to weather conditions as required.

Submit Ride

### Old Working Bikes Needed!

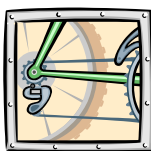
Donate your extra, unused or old working bikes to the homeless through DuPage PADS (Public Action to Deliver Shelter). DuPage PADS help the homeless by providing assistance in many areas. One area is employment, but the homeless often do not have transportation. By donating your unused bike or bikes DuPage PADS can provide a bike to the people needing it most. You can help in several ways:

- Donate a bike in working order now until the end of January. The club will provide reflectors, a rack and a lock, if needed.
- Donate some time over the winter to fix a bike or two that may need some minor repairs.
- Donate some time to install the needed reflectors and racks.
- Donate old but useable headlights, reflectors, racks, locks (both combination & key needed). Let us know what you have available, if we have a bike for that item we will take it off your hands.

We would like to have six to ten used bikes fully equipped for their needs.

Bikes will be stored in the Mikesell's garage until PADS has a person in need of a bike. All bikes will be gone by early spring.

So if you have been thinking about replacing your bike, this is a good time. Please e-mail or call to let us know if you can help the homeless of DuPage in any of the above ways. —*Judy Mikesell, Mikesell2@juno.com, 630.833.1036*



## New Links in the Chain Joining the EBC

**ROBERT GEIGNER**  
ELMHURST  
rgeigner@msn.com

**ALBIN GIELICZ**  
ARLINGTON HEIGHTS  
al.gielicz@sunstar.com

**JESSICA ONSTOTT**  
WILLOWBROOK  
jlonstott@yahoo.com

**JEANNE & CHARLES SNYDER**  
DOWNERS GROVE  
jeanne250@aol.com



## By the Numbers

### Membership, as of 11/14/2005

Type	Memberships	Members
Family	59	142
Individual	180	180
Total	239	322

### Year-to-date, as of 11/19/2005

	Miles	Events
2005	167,210	688
2004	138,823	584

## 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](mailto: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 January, 2006, Cue Sheet is **Sunday, December 11th**. Send items to:

**Lew Worthem**, Newsletter Editor. Phone: 630-834-5281 or 630-835-7270

Email: [EBCNews@worthem.com](mailto:EBCNews@worthem.com)

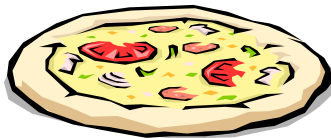
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## DECEMBER MEETING

### Pizza Party!

Thursday, December 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.

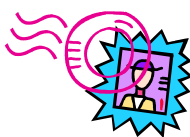
To organize an unscheduled ride, call **Ray Dal Lago**  
630-543-4655 or e-mail **Ray** at [dlag10@aol.com](mailto:dlag10@aol.com).

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



## Collating Party

Friday, December 23, 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 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 Coordinator*

## Ride Captain's Limerick...

One afternoon I awoke from a nap  
With the help of my wife as she gave me a slap.  
"There's yard work" she swore,  
To be done by four!"

But I said "I'm cycling and I don't give a crap!"

*(Write a limerick and bring it to the December Club meeting. I'll read some of them as we enjoy pizza and pop.)*

## ... and a message -

Please remember: Be more careful when the roads and trails are icy and snow covered. Approach those slippery spots with caution.

*- Ray Dal Lago*



## Grand Illinois Trail And Parks (GITAP) 2006

Sunday, June 11 to Saturday, June 17, 2006, sponsored by the League of Illinois Bicyclists with the Illinois Department of Natural Resources.

It's a unique week-long bike ride featuring a sampling of routes on the Grand Illinois Trail combined with overnights at three outstanding state parks and one college.

The ride begins and ends at Rochelle, then makes an extended circular tour through western Illinois, including four riding days along the Mississippi River. The route is generally flat, with mileage choices ranging from 315 to 555 miles for the week. Dinners, breakfasts, camping sites, sags, bike repair, T-shirts, door prizes, and evening programs. Limited to 160 riders. \$330.

For information: [www.bikelib.org/gitap](http://www.bikelib.org/gitap); [oestreich@qconline.com](mailto:oestreich@qconline.com); or call Chuck Oestreich at 309-788-1845.

# December 2005

## ELMHURST BICYCLE CLUB CALENDAR

Compiled by Ray Dal Lago, VP and Ride Captain

### Ride Scheduling Guidelines

The deadline for submissions to the January, 2006, Ride Schedule is Sunday, December 11. Call Ride Captain **Steve Josephs, 630-655-8710**, email **Steve** at [stevejosephs@yahoo.com](mailto:stevejosephs@yahoo.com) (or see **Steve** at the December monthly meeting for the January 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](http://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 try the new electronic ride submission form. See page 1 of this newsletter.

**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
Sat., Dec. 3	8:00 AM	30-35 miles 18-20 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Morning Fast Ride</b> 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., Dec. 3	9:00 AM	3 miles	Bemis Woods Forest Preserve Western springs	Susan Kilgore 630-515-1865	<b>Bemis Woods Hike</b> Join Susan for a 1 and ½ hour hike. Meet at the western most parking lot. Entrance to Forest Preserve is on Ogden, west of Wolf.
Sat., Dec. 3	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will determine the ride leader, distance and pace.
Sat., Dec. 3	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczeniak 630-963-7796	<b>Saturday Afternoon Ride</b> 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., Dec. 4	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667 630-290-5173	<b>Sunday Slo Pol Ride</b> Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Dec. 4	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride including optional sprints.
Sun., Dec. 4	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will decide ride leader, distance and pace.
Tues., Dec. 6	9:30 AM	TBD 3 hour hike	Bemis Woods Western Springs	Ted Sward 708-354--5782	<b>Ted's Tours Part 1</b> Meet at Bemis Woods to hike and explore some of the interesting little used trails. Bemis Woods is between I-294 and Wolf Rd. on the north side of Ogden. Bring snacks.

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

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Dec. 7	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and Park Ave. Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Dec. 7	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will determine the leader, distance and pace. Lights are needed.
Thurs., Dec. 8	10:00 AM	35-40 miles 12-14 mph	Waterfall Glen Parking Lot Northgate Rd.	Mary Jo Bolan 630-887-9652	<b>Brookfield Ride</b> Ride to a casual Brookfield restaurant for lunch. Ride cancelled if there is rain, snow, ice or predicted high temp for the day is below 32 degrees.
Thurs., Dec. 8	7:15 PM		Community Bank Elmhurst	Roland Porter 630-655-1890	<b>Monthly Club Meeting</b> Board meeting precedes club meeting.
Sat., Dec. 10	8:00 AM	30-35 miles 18-20 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Morning Fast Ride</b> 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 be- fore 11 AM.
Sat., Dec. 10	9:00 AM	3 miles	McDowell Grove Forest Preserve Naperville	Susan Kilgore 630-515-1865	<b>Field And Stream Hike</b> Meet at the main McDowell Grove parking lot on Raymond Rd., south of Diehl and I-88.
Sat., Dec. 10	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will determine the ride leader, distance and pace.
Sat., Dec. 10	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczeniak 630-963-7796	<b>Saturday Afternoon Ride</b> 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., Dec. 11	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667 630-290-5173	<b>Sunday Slo PoI Ride</b> Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Dec. 11	8:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride including optional sprints.
Sun., Dec. 11	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will decide ride leader, distance and pace.
Tues., Dec. 13	9:30 AM	TBD 3 hour hike	Teason's Woods Forest Preserve	Ted Sward 708-354--5782	<b>Ted's Tours Part 2</b> Here's a new trail for your enjoyment. Meet at Teason's Woods, 111 <sup>th</sup> St. (Rt. 83) and 104 <sup>th</sup> Ave. (Willow Springs Rd.), southeast corner. Bring snacks.
Wed., Dec. 14	6:30 PM	Distance TBD 11-13 mph	Parking lot at Maple St. and Park Ave Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> Riders who show will determine the ride leader and distance. Lights are needed.
Wed., Dec. 14	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will determine the leader, distance and pace. Lights are needed.
Sat., Dec. 17	8:00 AM	30-35 miles 18-20 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Morning Fast Ride</b> 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 be- fore 11 AM.
Sat., Dec. 17	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will determine the ride leader, distance and pace.
Sat., Dec. 17	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczeniak 630-963-7796	<b>Saturday Afternoon Ride</b> 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., Dec. 18	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667 630-290-5173	<b>Sunday Slo PoI Ride</b> Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Dec. 18	8:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride including optional sprints.
Sun., Dec. 18	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will decide ride leader, distance and pace.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Dec. 18	1:00 PM	TBD	Downers Grove Library Parking Lot	Susan Kilgore 630-515-1865	<b>Sears Catalog Homes Hike</b> Join Susan and Mary Ann Badke for two hours of walking/hiking. Follow some of the historical society's walking tour of some of the kit homes delivered to this area by train. Tea time rest stop at Mary Ann's toward end of the hike.
Tues., Dec. 20	9:30 AM	TBD 3 hour hike	Redgate Woods Forest Preserve	Ted Sward 708-354--5782	<b>Ted's Tours Part 3</b> Come and enjoy the backwoods trails (some challenging) and visit the site of the world's first nuclear reactor. Redgate is 1½ miles east of Rt. 83 on Archer Ave., south side of road. Bring snacks.
Wed., Dec. 21	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., Dec. 21	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will determine the leader, distance and pace. Lights are needed.
Fri., Dec. 23	7:00 PM	Monthly Collating Party	Mikesell's House Villa Park	Judy Mikesell 630-833-1036	<b>Newsletter Collating Party</b> Join fellow members in preparing next month's newsletter for mailing. Takes about 45 minutes. Call Judy for directions.
Sat., Dec. 24	8:00 AM	30-35 miles 18-20 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Morning Fast Ride</b> Ride with Karim and members of Schaumburg Bike Club through Hoffman Estates and South Barrington into Barrington Hills. Road bike strongly recommended. One rest stop, finish before 11 AM.
Sat., Dec. 24	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will determine the ride leader, distance and pace.
Sat., Dec. 24	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczeniak 630-963-7796	<b>Saturday Afternoon Ride</b> 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., Dec. 25	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667 630-290-5173	<b>Sunday Slo Pol Ride</b> Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Dec. 25	8:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride including optional sprints.
Sun., Dec. 25	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will decide ride leader, distance and pace.
Tues., Dec. 27	9:30 AM	TBD 3 hour hike	Bullfrog Lake Forest Preserve	Ted Sward 708-354--5782	<b>Ted's Tours Part 4</b> Here are some more backwoods trails to give you a workout. Directions: go 2 ½ miles east of Rt.83 on Archer Ave. then turn right on 95 <sup>th</sup> St. Turn right at first chance. Turn right at stop sign. Meet at far end. Bring snacks.
Wed., Dec. 28	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., Dec. 28	6:30 PM	Distance TBD 16+ mph	Gazebo Glen Ellyn	Determined by riders who show	<b>Wednesday Night Fast Pace Show n Go</b> The riders who show will determine the leader, distance and pace. Lights are needed.
Sat., Dec. 31	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will determine the ride leader, distance and pace.
Sat., Dec. 31	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczeniak 630-963-7796	<b>Saturday Afternoon Ride</b> 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., Jan. 1	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hofmann 630-833-1667 630-290-5173	<b>Sunday Slo Pol Ride</b> Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Jan. 1	8:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride including optional sprints.
Sun., Jan. 1	Noon	Determined by riders that show	Gazebo Glen Ellyn	Determined by riders who show	<b>Weekly Show and Go.</b> The riders who show will decide ride leader, distance and pace.
Tues., Jan. 3	9:30 AM	TBD 3 hour hike	Fullersburg Forest Preserve	Ted Sward 708-354--5782	<b>Ted's Tours Part 5</b> This is a flat but scenic hike including part of Oakbrook. Meet at Fullersburg main lot off Spring Rd. in Oakbrook. Bring snacks.



## Future EBC Members of the Past



These young cyclists wisely started their preparation for membership in the EBC early in life. Can you name them? Answers appear next month. *Please submit your childhood bicycle photos to Lew Worthem, EBCNews@worthem.com for publication in the next quiz.*



### EBC Officers 2006

At the November meeting, the following members were elected officers for 2006: (L to R) **Phil Keller**, Treasurer; **Ray Dal Lago**, President; **Steve Josephs**, VP and Ride Captain; **Nancy Rice**, Secretary; **Kären Schwartz**, Membership Coordinator. Congratulations!

### Bike Maintenance for Dummies?

Here's an *actual* exchange of messages on the Usenet newsgroup rec.bicycles.tech with questionable maintenance advice!

*From: Tom*

*Subject: Mountain Bike Chain Maintenance*

*I'm a roadie who is new at off-road riding. On my road bike I usually wear out a chain before it needs to be cleaned/lubed. My new mountain bike is different. One ride and my chain is dirty. I bought the bike used from a racer and I noticed that the chain that was on it had some kind of dry lube. So what are your opinions on cleaning and lubing the chain after a messy ride?*

*From: Lou H.*

*Re: Mountain Bike Chain Maintenance*

*You gotta be kidding.*

*From Tom*

*Re: Mountain Bike Chain Maintenance*

*No I'm not kidding. I ride a lot and it shouldn't be surprising to wear out a chain before it needs to be lubed.*

*From: tmedara*

*Re: Mountain Bike Chain Maintenance*

*I'm that way with automobiles. The engines usually blow before I need to change the oil. I guess I'm pretty hard on cars.*

## Directions to ride starting locations

Starting Point	Directions
<b>Community Bank of Elmhurst Elmhurst, IL</b>	330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.
<b>Depot Elmhurst, IL</b>	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.
<b>Gazebo Glen Ellyn, IL</b>	On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
<b>McCullum Park Downers Grove, IL</b>	McCullum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
<b>Spring Rock Park Western Springs, IL</b>	Spring Rock Park is located at 47 <sup>th</sup> Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
<b>Villa Park Depot, Villa Park, IL</b>	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
<b>Volunteer Park Wheaton, IL</b>	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
<b>Waterfall Glen Forest Preserve Darien, IL</b>	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.
<b>Panera Bread Elmhurst, IL</b>	Panera Bread is located on the west side of York Road, just south of North Avenue (Route 64), in the same building with CVS Pharmacy. Use southwest parking lot.
<b>Parking Lot at Maple and Park Lombard, IL</b>	The start is located in the parking lot at the NE corner of Maple Street and Park Ave., just east of Lilacia Park and the Helen Plum Memorial Library in Lombard.
<b>IMAX Theatre Woodridge, IL</b>	Located on Rt. 53, one half mile north of Hobson Road, on half mile south of Maple Ave. Riders meet in the parking lot in front of the theatre.

### MEMBERSHIP APPLICATION

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

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

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

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

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

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

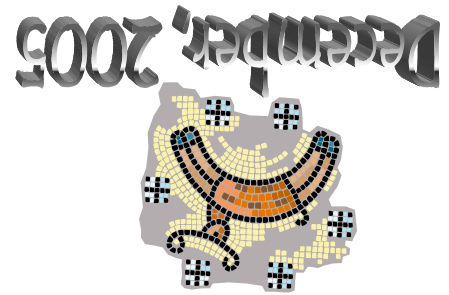
The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate In club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and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

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

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

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

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



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

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



## Bob McKeague, Dean of Ironman Athletes

You may know that we have several Ironman athletes in the EBC. But you may not know that one of these athletes is a genuine star! EBC member **Bob McKeague**, age 80, on October 15th became the oldest finisher in the history of the Ironman World Championships in Kona, Hawaii.

Bob completed the 2.4 mile swim, 112 mile bike ride, and 26.2 mile run in 15 hours, 21 minutes and 55 seconds, beating the official cutoff time by more than a half hour.

Bob is featured as a Clif Bar Athlete of the Month in the November/December issue of "Chicago Athlete" magazine.

It's easy and interesting to learn more about Bob and his accomplishments. If you Google "McKeague Ironman," you will find dozens of articles about him.

Please visit <http://www.chicagoaa.com/features/athleteyear2005.html> to learn how you can vote for Bob as Clif Bar Athlete of the Year.

*Bob McKeague at the November club meeting*

### 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).

**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](http://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](mailto:rkuhlman@BicycleGifts.com) to save freight and pick up the order. (valid thru 12/23/05)