

Board Members

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Ray Dal Lago

630-543-4655

dlag10@aol.com

Vice President/Ride Capt.

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Membership Coord.

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Secretary

Nancy Rice

630-717-9923

riceken@netzero.net

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Joanne Dezur

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cyclejoey@sbcglobal.net

Treasurer

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630-964-5795

philtrains@comcast.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

mosaussie@aol.com

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Sergeant at Arms

Open

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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 are 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

January 2006

Over 28 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!

Eric Peterson, EBC's UltraCyclist

The February, 2005, Cue Sheet asked "Are You An UltraCyclist?" EBC member Eric Peterson answered "Yes!" This month, Eric tells us about the experience.

The UltraMarathon Cycling Association sponsors the Year Rounder for century riders looking for a new challenge: consistent performance throughout the year! Can you ride a century (or longer) every month of the year? You can maintain your fitness and have more fun cycling. If you reach the goal, you'll be awarded a Year-Rounder medal.

I was intrigued by this since I was already toying with idea of riding some brevets in 2005, and riding a century every month would certainly help towards the long mileage needed for those types of rides. In fact, since brevet rides are typically longer than 100 miles, I could use those as part of the challenge. **Bob Parrilli** sealed the deal with his own offer to do the R.A.I.N. (Ride Across IndiaNa) in July with anyone willing to go along with him.

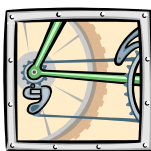
I should explain a couple of rules about the challenge. First, a ride only has to be 90 miles to count as a century. Second, you are allowed to miss a century ride in one or two months as long as you do a makeup ride in some other month. The 90-mile rule seems a little bogus but I did use it a few times - mainly on days when I was running short on time. (I do try and have a life outside of cycling.) Since my average "century" ride length turned out to be 122 miles it really didn't matter. The miss-two-month rule was handy for our Midwest conditions - I did not do a ride in January or (so far) December. My plan was to structure century rides around other organized rides. I followed this plan except for one ride in Door County.

My first ride was 101 miles on Feb.26 when I rode over to Lifetime Fitness in Schaumburg, did **Karim Mouline's** ride, and then rode back. It went fine except for when I was waiting on the EAST side of Rohlwing and Bloomingdale to meet **Ray Dal Lago** who was waiting on the WEST side. My last ride was 102 miles on Nov.20 when I rode over to the SMR, did the ride, then rode back with a spin through Fermilab to put me over the 100 mile mark.

In the end I met the challenge - all told I did 16 rides of 90+ miles, with 11 of those being 100+ miles. The longest ride was 232 miles (an unfinished 400K brevet in WI). I used the SMR as a base for 6 rides, and rode with EBC members on 6 other rides. Having the companionship and camaraderie of EBC members on these rides was, as they say in the "VISA" ads, priceless. Of the remaining 4 rides, 1 was a solo ride in Door County when we were vacationing up there in the fall, and the remaining 3 were brevets. My mileage is pretty small though compared to those at the top of the Ultra Cycling mileage list: <http://www.ultracycling.com/standings/umcstandings.html>.

What is a brevet? That, Little Adam, is another story.





New Links in the Chain Joining the EBC

ED WILLIAMS
ADDISON
edw6@msn.com

...and welcome back ...

THOMAS MARA
ELMHURST
marafamily@comcast.net

BALTIMORE & LAURA ORTEGA
CLARENDON HILLS
baltimore_ortega@hotmail.com



By the Numbers

Membership, as of 12/12/2005

Type	Memberships	Members
Family	60	144
Individual	182	182
Total	242	326

Year-to-date, as of 12/12/2005

	Miles	Events
2005	172,818	716
2004	144,681	630

Editorial Guidelines



Cue Sheet welcomes articles, comments, notices, action photos and want ads. 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 re-

formatted 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!

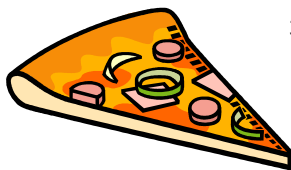
The submission deadline for the February, 2006, *Cue Sheet* is **Sunday, January 15th**. Send items to: **Lew Worthem**, Newsletter Editor. Phone: 630-834-5281 or 630-835-7270, Email: **EBCNews@worthem.com**

JANUARY MEETING

Pizza Party!

Thursday, January 12, 2006, 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 announce a late addition to the ride schedule, call **Steve Josephs, 630-655-8710** or e-mail **Steve** at **stevejosephs@yahoo.com**.

EBC Website www.elmhurstbicycling.org



Collating Party

Friday, January 27, 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 January 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.

-Kären Schwartz, Membership Coordinator

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**

2006 Upcoming Events

Watch for more upcoming events at
http://elmhurstbicycling.org/r_events.asp

Dates	Event	Contact
Feb. 5-10	UP Ski Trip	Sharon Ganske 630-462-3734
July 30	Metro Metric XXVI	Joanne Dezur 630-833-7688
Aug. 1-14	Hike/Bike Colorado	Kären Schwartz 630-963-6250

January 2006

ELMHURST BICYCLE CLUB CALENDAR

Compiled by Steve Josephs, VP and Ride Captain

Ride Scheduling Guidelines

The deadline for submissions to the February, 2006, Ride Schedule is Sunday, January 15. Call Ride Captain **Steve Josephs, 630-655-8710**, email **Steve** at **stevejosephs@yahoo.com** (or see **Steve** at the January monthly meeting for the February 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 try the new electronic ride submission form - <http://www.stevejosephs.com/EBC/addRide.aspx>.

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
Sun., Jan. 1	8:00 AM	20-30 miles 12-15mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	Sunday Slo Pol Ride Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Jan. 1	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride including optional sprints.
Sun., Jan. 1	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Sun., Jan. 1	10:00 AM	10 miles 8-12 mph	Gazebo Glen Ellyn	Mary Moroney H:630 629 1812 C: 630 936 3503	First Day of 2006 Slower Ride Ride to Egg'lectic Cafe in Wheaton (145 N. Hale) for breakfast. Non-riders, meet us at 10:30.
Tues., Jan. 3	9:30 AM	TBD 3 hour hike	Fullersburg Forest Preserve	Ted Sward 708-354--5782	Ted's Tours Part 5 This is a flat but scenic hike including part of Oakbrook. Meet at Fullersburg main lot off Spring Rd. in Oakbrook. Bring snacks.
Wed., Jan. 4	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 decide ride leader, distance and pace. Lights are needed.
Wed., Jan. 4	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Sat.,	9:00 AM	Determined by	Depot	Determined by	Weekly Show and Go

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

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Jan. 7	8:00 AM	30-35 miles 16-18mph	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. The ride is automatically cancelled by Rain, Snow, or
Sat., Jan. 7	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
Sun., Jan. 8	8:00 AM	20-30 miles 12-15mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	Sunday Slo PoI Ride Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Jan. 8	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride including optional sprints.
Sun., Jan. 8	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.
Wed., Jan. 11	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 decide ride leader, distance and pace. Lights are needed.
Wed., Jan. 11	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Jan.12	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting. Pizza will be served!
Sat., Jan. 14	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sat., Jan. 14	8:00 AM	30-35 miles 16-18mph	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. The ride is automatically cancelled by Rain, Snow, or
Sat., Jan. 14	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
Sun., Jan. 15	8:00 AM	20-30 miles 12-15mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	Sunday Slo PoI Ride Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Jan. 15	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride including optional sprints.
Sun., Jan. 15	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.
Wed., Jan. 18	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 decide ride leader, distance and pace. Lights are needed.
Wed., Jan. 18	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Sat., Jan. 21	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sat., Jan. 21	8:00 AM	30-35 miles 16-18mph	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. The ride is automatically cancelled by Rain, Snow, or
Sat., Jan. 21	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

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., Jan. 22	8:00 AM	20-30 miles 12-15mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	Sunday Slo PoI Ride Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Jan. 22	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride including optional sprints.
Sun., Jan. 22	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Wed., Jan. 25	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 decide ride leader, distance and pace. Lights are needed.
Wed., Jan. 25	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	Wednesday Night Intermediate Pace Show n Go The riders who show will decide ride leader, distance and pace. Lights are needed.
Fri., Jan. 27	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., Jan. 28	9:00 AM	Determined by riders that show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sat., Jan. 28	8:00 AM	30-35 miles 16-18mph	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. The ride is automatically cancelled by Rain, Snow, or highest forecast < 32F.
Sat., Jan. 28	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., Jan. 29	8:00 AM	20-30 miles 12-15mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	Sunday Slo PoI Ride Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Jan. 29	9:30 AM	20-25 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride including optional sprints.
Sun., Jan. 29	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.

www.Elmhurstbicycling.org Website Update

Statistics show that the club website was well-used in 2005. Our most popular pages continue to be the Ride Schedule, Unpublished Rides, Member Miles, and during early summer, Metro Metric Info. This chart shows the average daily visits by month through the first week of December. (The numbers are increased somewhat by visits from automated web crawlers.)

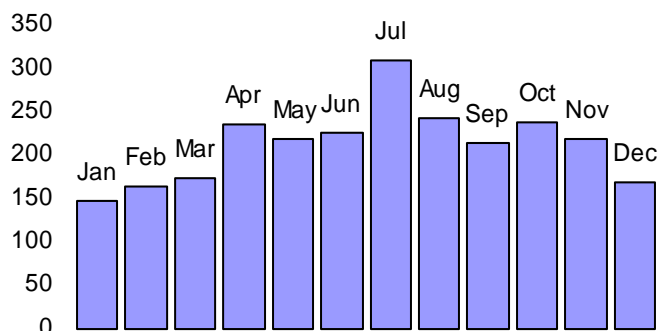
We had the most "hits", by far, on July 30th - the day before our Metro Metric XXV ride.

Our club has a great website because so many members are interested in making it that way. We recently added two new pages (Resources and Tools) which were suggestions from members. Like all good websites, ours is a work in progress. We appreciate all comments.

Helpful hint: If you want an easy way to find something on the site, try the Search function on the home page.

- Cindy Reedy and Sharon Ganske

Website Average Daily Visits 2005



Riding Safely In Large Groups

Last November the Colorado State Patrol unexpectedly announced that for safety reasons bicycle events in Colorado with more than 2,500 riders would be banned. This action, of course, drew protests from the cycling community, which has enjoyed many large organized rides in Colorado, such as the Elephant Rock and Triple Bypass. Fortunately, the state police just announced that implementation of the size limit would be delayed for a year. With this issue in the news, member **Bill Schwartz** reminds us how to ride safely in large groups. —Ed.

Many cyclists have never experienced riding in large packs of riders and are unsure of how to maneuver when they become part of a group of 1000+ cyclists. As most accidents occur between cyclists and not vehicles, it is important to know how to ride safely in such large groups. Many cyclists encounter groups of this size when they take bicycle tours in the summer months.

The first, and most important rule is to ALWAYS call out your intentions before you take action. If the rider in front of you is riding more slowly than you are, let them know that you will be passing them on their left. (NEVER



PASS ON THE RIGHT.) You may do this by saying, "Passing on your left." If there is a large group of slower cyclists you may then repeat. "Passing." However, before you pass look in your mirror to make sure that there aren't vehicles or other cyclists ready to pass. If there are, then you should slow down and wait behind the slower cyclist until it is safe to pass. If you don't inform the cyclist being passed that you are coming, they could unexpectedly move into your path as you go by!

Also, riding in pace lines should only occur if you know the other riders. Joining a passing pace line may seem to be a golden opportunity, but if you don't know the other riders you are really putting yourself at risk. They may not call out obstacles or may be prone to sudden stops without warning. It will mean that if you do ride in strange pace lines, you must ride as if the other riders may do the unexpected at any moment because they probably will!

Be a polite cyclist in a group situation. Ask if you may ride with others before just starting to do so. Inform others of hazards in the road like glass or potholes. Acts of kindness like this will be appreciated. Saying a cheery

hello or a short "How are you doing?" is a great way to make friends.

Beware of the other cyclists who may need to be given a wide berth because of lack of experience or extreme tiredness. The "wobbles" are a usual sign that the cyclist in front of you might not be the best one to get too close to when you are passing. This is especially true if the cyclist is a child who is just learning or is an adult going up the hill and weaving back and forth across the hill. In this case, it would be better to wait before approaching and passing that cyclist.

When you are going to stop, be sure to call out, "Stopping!" then pull all the way off of the road. Never stand on the road when stopped as there are other cyclists who will be coming through that you will impede. Call out all intentions when approaching stop signs or traffic lights. Always signal your intentions with hand signals as well as calling them out when approaching an intersection.

If there are many cyclists in a group, split the group into a smaller group as motorists will become frustrated when confronted with groups of 20+ cyclists.

When doing fast downhill (40+ mph) be very wary of doing so with a group in front of you. Passing on the left even when shouting out your

intentions may not be heard by the rider in front of you. Waiting for a gap before descending is the wisest move. Leave a space between riders! Never brake while in the middle of a curve. Brake before the curve by feathering your brakes. Jamming on your brakes suddenly can lead to disastrous results. If the pavement is wet, consider slowing your descent as it could be easy to take a nasty spill if you would brake too quickly. Also, if you are braking a lot, consider stopping and letting your rims cool. If they are too hot to touch, then you need to let them cool or a blown out tire could be the result if you don't let them cool.

Finally, be extra cautious when in urban traffic in an unfamiliar town. They may not be expecting you to be there and you should ride defensively.

Group riding can be a fun-filled experience.. So if you haven't been part of a large group of cyclists, try a large bicycle tour sometime. It's a great way to make new friends!

- *Bill Schwartz* (this article appeared previously in the newsletter of the *Naperville Bicycle Club*)

Future EBC Members of the Past Revealed: Who are those kids in the December *Cue Sheet*?



Lew Worthem



Mary Moroney



Cindy Reedy



Don Augustyn



Vicki Pate



Roland Porter



Dick Diebold

Send your childhood cycling photo to Cue Sheet for the next Future Members feature.

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.
McCullum Park Downers Grove, IL	McCullum 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.
IMAX Theatre Woodridge, IL	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 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 CHICAGOLAND 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.

**HAPPY
 NEW
 YEAR
 January, 2006**

www.elmhurstbicycling.org

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



**S'No Stopping
 the SMR**

A little ice, wind, snow, and cold doesn't deter these EBC members from keeping alive the unbroken string of Sunday Morning Rides.

(L to R)
 Don Augustyn,
 Dave Polkow,
 Steve Josephs,
 Ray Dal Lago,
 Kevin McCauley.

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 **Ray Dal Lago**, 630-543-4655, [dlag10@aol.com](mailto:dilag10@aol.com).