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dlag10@aol.com

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riceken@netzero.net

Metro Metric

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630-833-7688

cyclejoey@sbcglobal.net

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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!**

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Nancy Rice

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riceken@netzero.net



Cue Sheet

February 2006

Over 28 years and still riding!

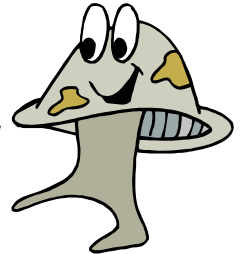
A club serving the Western Suburbs, Northern Illinois, and beyond.
We ride anywhere, any time of day or night, year round. Come join the fun!

Morel Mushroom Festival Ride, May 19-21

Karen and Bill Schwartz are leading a weekend ride this year — the Morel Mushroom Festival Ride in Muscoda, WI. It will feature a short ride Friday afternoon for those who can get there early. The main rides will be on Saturday and Sunday.

Muscoda has the title of "Morel Capital of Wisconsin". A celebration of this woodland delicacy, the Morel Mushroom Festival is held every spring the weekend after Mother's Day. With the average morel weighing just a few ounces, the festival committee had purchased and sold over 2000 pounds of the woodland treat during one two week period preceding the festival. See <http://grantcounty.org/ci/muscoda/event-morels.html>.

The place to stay is the Usonian Inn. Located in Spring Green, WI, it was designed by a student of Frank Lloyd Wright. It's close to the Spring Green Frank Lloyd Wright center. Reservations there can be made after April 30. They only have 11 rooms so it will fill fast. Contact <http://www.usonianinn.com>, 608-588-2323. There are other motels in Spring Green. For campers, there's Bob's Riverside Campground in Spring Green that's located right on the Wisconsin River and has it's own bar right on the river, featuring Spotted Cow beer from the New Glarus brewery. Contact <http://www.bobsriverside.com>, 608-588-2826.



The bike route will take you by the Frank Lloyd Wright Center. Spring Green is a neat place to explore also with many artist shops and it's connection to Frank Lloyd Wright. Wisconsin roads make for great cycling — low traffic and great road conditions because of the dairy industry.

Few places can offer as much variety in things to do and places to see, surrounded by such scenic beauty, as can be found in the Spring Green Area of Wisconsin. It has the American Players Theater — world class Shakespearean theater in a natural amphitheater; the home and school of Frank Lloyd Wright, recognized as the world's greatest architect by the International Architecture Society; the incomparable House on the Rock; a Robert Trent Jones Sr. Golf Course; exceptional galleries and artists' studios; plenty of specialty shopping and antiques; scenic hiking, biking and equestrian trails at nearby county and state parks; cross-country skiing; canoe trips on the Wisconsin River; and summer concerts by a variety of local and international groups. It's also an easy drive from the ever-popular Wisconsin Dells, historical Mineral Point, the Caves at Blue Mounds, the Mississippi River and much more.

The Friday ride will be short. The Saturday ride will be about 70 miles (or a shorter trail ride option) with a lunch stop in a local cafe that's housed in the elementary school on the weekends. The food is good. The Saturday night dinner can either be at the local eateries or the firehouse. Every year the firemen put on a steak fry for the price of \$8.00! It's really a great meal and the price can't be beat! Sunday the ride will be shorter-around 40 miles and we'll head to the Grumpy Troll brewery in Mount Horeb for lunch afterwards!

For more information, contact Kären+Bill Schwartz, email cteach3@comcast.net, phone 630-963-6250

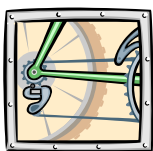
Need More Information?

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)





New Links in the Chain Joining the EBC

KAY RICHARDS
LOMBARD

GEORGE HARDWIDGE
CHICAGO
ghardwid@metrarr.com

SCOTT HOWLAND
ELMHURST
showland@hotmail.com

MICHIKO PERRY
OAK PARK
perry@msiresources.com

FEBRUARY MEETING

"Spin Programs and Their Benefits"

Thursday, February 9, 2006, 7:15 P.M.

Community Bank of Elmhurst
330 W. Butterfield Road, Elmhurst
(at the intersection of Spring Road
& Butterfield Rd.)



2005 Member Awards Meeting To Be Held in March

The member awards meeting, normally held in February, will be held at the March 9 meeting. This postponement is due to the large number of members who will be away at U.P. skiing in February.

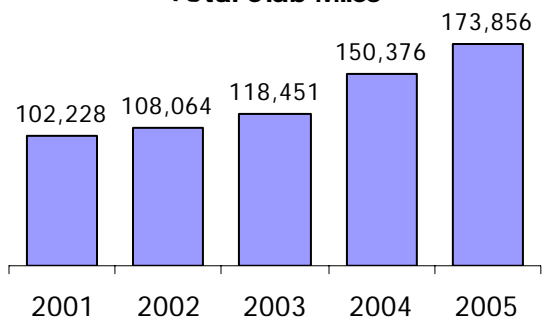
By the Numbers



Membership, as of 1/21/2006

Type	Memberships	Members
Family	61	147
Individual	187	187
Total	248	334

Total Club Miles



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 reformatted for publication.

The editor retains the right to reduce or revise copy, as well as to decide 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, February 12th**. Send items to: **Low Worthem**, Newsletter Editor. Phone: 630-834-5281 or 630-835-7270, Email: EBCNews@worthem.com

EBC Hotline—630-415-BIKE

Call for ride updates, membership, and general information.

To announce a late addition to the ride schedule, call **Nancy Rice 630-717-9923** or e-mail **Nancy** at riceken@netzero.net.

EBC Website www.elmhurstbicycling.org



Collating Party

Friday, February 24, 7:00 P.M., at the home of **Judy** and **Charlie Mikesell** in Villa Park.

Call Judy at 630-833-1036 for details.

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. 19	Chili Mixer Ride/Hike	Marge Ricke 630-616-8481
May 13-14	Bike and Camp at Blackwell http://worthem.com/blackwell	Low Worthem 630-835-7270
May 19-21	Mushroom Fest Trip	Kären Schwartz 630-963-6250
July 30	Metro Metric XXVI	Joanne Dezur 630-833-7688
Aug. 1-14	Hike/Bike Colorado	Kären Schwartz 630-963-6250

February 2006

ELMHURST BICYCLE CLUB CALENDAR

Compiled by Steve Josephs, VP and Ride Captain

Ride Scheduling Guidelines

The deadline for submissions to the March, 2006, Ride Schedule is Sunday, March 12. Use the new electronic ride submission form - <http://www.stevejosephs.com/EBC/addRide.aspx>, or call Ride Captain **Steve Josephs, 630-655-8710**, email **Steve** at **stevejosephs@yahoo.com**, or see **Steve** at the February monthly meeting for the March 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.

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
Wed., Feb. 1	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., Feb. 1	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. Feb. 4	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. Feb. 4	9:00 AM	20-25 miles 16-18 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride Inter-Club SMFR: Ride with Karim and members of the Schaumburg Club in a cycling friendly route from Schaumburg to Hoffman Estates. Road bike strongly recommended. One rest stop if requested. Finish by 11 AM. NOTE:
Sat. Feb. 4	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
Sun., Feb. 5	8:00 AM	20-30 miles 12-15 mph	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.

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., Feb. 5	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. Feb. 5	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.
Sun. Feb. 5 - Fri. Feb. 10		Ski, Hike, etc.	Ironwood, Michigan	Sharon Ganske 630-462-3734	UP Ski Trip Upper Peninsula of Michigan Ski Trip. Sunday, February 5 through Friday, February 10, 2006. Contact Sharon for more details.
Wed., Feb. 8	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., Feb. 8	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., Feb. 9	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.
Sat. Feb. 11	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. Feb. 11	9:00 AM	20-25 miles 16-18 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride Inter-Club SMFR: Ride with Karim and members of the Schaumburg Club in a cycling friendly route from Schaumburg to Hoffman Estates. Road bike strongly recommended. One rest stop if requested. Finish by 11 AM. NOTE: The ride is automatically cancelled by rain, snow, or highest forecast < 32F.
Sat. Feb. 11	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., Feb. 12	8:00 AM	20-30 miles 12-15 mph	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., Feb. 12	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., Feb. 12	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., Feb. 15	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., Feb. 15	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. Feb. 18	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. Feb. 18	9:00 AM	20-25 miles 16-18 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride Inter-Club SMFR: Ride with Karim and members of the Schaumburg Club in a cycling friendly route from Schaumburg to Hoffman Estates. Road bike strongly recommended. One rest stop if requested. Finish by 11 AM. NOTE: The ride is automatically cancelled by rain, snow, or highest forecast < 32F.
Sat. Feb. 18	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. Feb. 19	8:00 AM	20-30 miles 12-15 mph	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. Feb. 19	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. Feb. 19	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun. Feb. 19	Noon	25-30 miles 13-15 mph	Larry Gitchell	Marge Ricke's House 16W701 Red Oak Bensenville 630-616-8481	Chili Ride Three bike rides and a hike will be featured before the Chili Buffet. Everyone is invited to bring a serving of chili to be added to the "Pots" (one vegetarian, one meat). Then while the chillies are blending you can do a bike ride or a hike. All rides and hike start at Marge's house. Directions: From the south, take Rt 83 to Red Oak which is one block south of Third Ave/Oak Meadows, turn right (E) and go to 16W 701 Red Oak. From the north, take Rt 83 to Third Ave/Oak Meadows (stoplight), turn left (E) and go to the first street, Briar Lane, turn right (S) and go to Red Oak. Turn left (E) and go to 16W701 Red Oak.
	Noon	15-20 miles 10-13 mph	Walter Chlipala		
	1:00 PM	10-12 miles 10-12 mph	Mary Moroney		
	1:00 PM	Hike	Judy Mikesell		
	3:00 pm	Buffet	Yumm!!		
Wed., Feb. 22	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., Feb. 22	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. Feb. 24	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. Feb. 25	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. Feb. 25	9:00 AM	20-25 miles 16-18 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride Inter-Club SMFR: Ride with Karim and members of the Schaumburg Club in a cycling friendly route from Schaumburg to Hoffman Estates. Road bike strongly recommended. One rest stop if requested. Finish by 11 AM. NOTE: The ride is automatically cancelled by rain, snow, or highest forecast < 32F.
Sat. Feb. 25	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. Feb. 26	8:00 AM	20-30 miles 12-15 mph	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. Feb. 26	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. Feb. 26	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.



May is National Bicycle Month

Attention all bicycle enthusiasts! Celebrate National Bicycle Month with a limited edition license plate set. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2006. The plate sets are numbered from 1 to 400. Priority will be given to those who ordered plates last year. All remaining plate sets are issued on a first-come-first-served basis. The cost of each plate set is \$25. All net proceeds from this program go to help support our work to improve bicycling in Illinois. To order your set, please fill out this form and return it along with your payment and a **photocopy of your car's current license plate registration**. Use the form below, or visit <http://bikelib.org/seasonal/2006bikemonth.pdf>.

Name _____ Signature _____

Address (No P.O. Boxes) _____

City _____ State _____ Zip _____

Phone _____ FAX _____ E-Mail _____

Business Name (Only if using as shipping address) _____

Shipping Address (If different than above) _____

Driver's License Number _____

Current Plate Number _____ Expiration Date _____

Car Make & Model _____ VIN# _____

Without a copy of your car's current registration, your application cannot be processed.

Please make your **\$25 check or money order** payable to League of Illinois Bicyclists.

Mail it, along with this form and a **photocopy of your car's current registration** to: LIB, c/o Laura Kuhlman, 1s110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427, FAX: 630-462-5428

Welcome Tom Mara, New Programs Chairman

Thank you, **Mike Struglinski**, for your service to the club as Programs Chairman. Now, please congratulate EBC member **Tom Mara** who has stepped forward to be our new Programs Chairman. Tom would like your input so that he can present monthly meeting programs that are interesting, educational and informative to all. Here, Tom gives us his thoughts about the job.

I believe that it is important as a member of a club to participate and offer some time and assistance. I have volunteered because I have had some experience with programs involving the Oak Park Bicycle Club plus being a certified CABDA mechanic and using this skill in simple work on my bike regularly. I ride approximately 4,500 to 6,000 miles per year, primarily on my road bike. I will ride with any group at any speed for enjoyment. I have resided in Elmhurst for 35 years and recently rejoined the EBC after a three-year absence.

The following are ideas and suggestions for club meeting programs:

- Video and vacation slides/DVDs of bicycling trips, suggested tours and tour organizations
- Safety and maintenance checks
- Bicycle and riding tips (actual bike demonstrations)
- Guest speakers: Police, professionals, mechanics, racers, etc.
- Discussion of brands of bicycles, materials/components
- Manufacturers and manufacturer representatives
- Clothing, trainers, fitness videos (indoor use) and proper dress
- General reading materials and recommended dealers

I once had a representative from the Illinois Prairie Path Association discuss their budget and developmental plans. We might consider inviting other local club officials to share and present their ideas as a cooperative bonding of ideas and help develop additional alliances. Perhaps we might organize some co-op rides.

Kindly give me your input and suggestions for topics.

For our February meeting, our guest presenter will be Bruce Glaser, proprietor for over 28 years of the Wheel Thing Bicycle Shop in LaGrange, a shop listed in our directory. He will present an interesting discussion about various "Spin Programs and their Benefits". Bruce will also inform us of new ways to look at fitting. This theory is from the Boulder School of Medicine conducted by Andy Pruitt. This theory has been accepted by many pros and amateurs. Time will be reserved for open questions. Bruce, unlike many owners, rides regularly and represents a clientele from beginners to pros. Don't miss this one! Bruce will give FREE Spin passes to all who attend! Remember, his shop gives ten per cent discounts to Elmhurst Bike Club members. He promises other surprises.

Tom Mara, 630-833-5739, email marafamily@comcast.net.

Is Your Address Label Glowing? Renew Your Membership Promptly!

If you received this *Cue Sheet* with a "fluorescent" label, it means the membership coordinator hasn't received your 2006 dues and signed renewal form. In order to continue enjoying the benefits of membership in the Elmhurst Bicycle Club, please renew as soon as possible.

Kären Schwartz, Membership Coordinator

Annual Chili Mixer, Feb. 19

On Sunday, Feb. 19th, Marge Ricke will again host the annual Chili Mixer. Bring a side dish or dessert for the buffet and a serving of chili to be added to the pot, then ride or hike as the chilies blend into a gourmet meal. Sign up at the February meeting or call Marge with your contribution: 630-616-8481(h), 630-543-8607 (w), mricke@securitymolding.com. See ride schedule for location and bike/hike times.



Metro Metric HELP WANTED!

Metro Metric XXVI Chairman **Joanne DeZur** will be out of town for approximately 2 to 3 weeks preceding the event. She will need an assistant at that time to take phone calls if there is a problem.

Joanne reassures us that the only time we have had a problem was regarding road construction. If this happens again, **Peter Turula** has the ability to change the route to overcome the problem. Please think about offering to be Joanne's backup for a short time. Without your help, we may not find out about problems until it is too late.

Contact: **Joanne DeZur**, Metro Metric Chairman, 630-833-7688, email cyclejoey@sbcglobal.net



Congratulations to **Steve Josephs** for the first EBC flat tire of 2006. Keep count of your club ride flats this year. The member with the most will receive the Cue Sheet Editor's Award for Flatness.

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.
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.
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.
IMAX Theatre Woodridge, IL	Located on Rt. 53, one half mile north of Hobson Road, one half mile south of Maple Ave. Riders meet in the parking lot in front of the theatre.
McCollum Park Downers Grove, IL	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
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.
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.
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.

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.

FEBRUARY, 2006



www.elmhurstbicycling.org

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



*There's more than one way to keep cycling through the winter. For instance, you can ride the CompuTrainer in the indoor time trials at the Kuhlman's like **Steve Josephs** and **Tracy Gainer** at left, or just jump on your knobby-tired bike and ride through the snow with **Santa Claus** (could that possibly be EBC Pres. Ray Dal Lago?) like **Bob Villiard** and **Dave Polkow** at right.*

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 small. \$67.25. Contact **Ray Dal Lago**, 630-543-4655, dlag10@aol.com.