

## Board Members

President  
**Ray Dal Lago**  
 630-543-4655  
 dlago10@aol.com

Vice President/Ride Capt. **Steve Josephs**  
 630-655-8710  
 stevejosephs@yahoo.com

Membership Coord. **Kären Schwartz**  
 630-303-1160  
 cteach3@comcast.net

Secretary **Nancy Rice**  
 630-717-9923  
 riceken@netzero.net

Metro Metric **Joanne Dezur**  
 630-833-7688  
 cyclejoey@sbcglobal.net

Treasurer **Phil Keller**  
 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 **Maureen O'Rourke**  
 708-660-9185  
 mosaussie@aol.com

Safety **Larry Gitchell**  
 708-409-0105  
 lawrenceg11@netzero.net

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

Sergeant at Arms **Mike Struglinski**  
 708-246-2089

List Server **Marty Kotecki**  
 630-620-6434  
 orionradio@hotmail.com

Programs **Tom Mara**  
 630-833-5739  
 marafamily@comcast.net

Newsletter Collating **Judy Mikesell**  
 630-833-1036  
 mikesell2@juno.com

Website **Cindy Reedy**  
 630-530-1250  
 cmreedy@prodigy.net

Publicity **John Park**  
 630-690-2881  
 john1park@comcast.net

Refreshments **Mary Roe**  
 630-530-7745  
 micronettee@aol.com

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

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

## March 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!

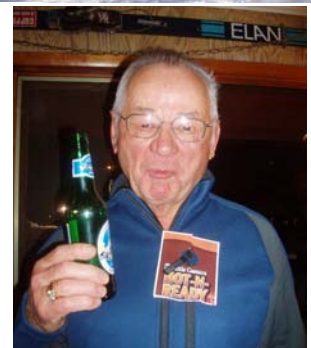


## U.P. Skiing 2006

This year, **forty EBC members** headed North for cross-country skiing in Michigan's Upper Peninsula. As usual, everyone\* had a great time, thanks to the superb preparations by **Sharon Ganske**. *Photos courtesy of Joanne Dezur.*

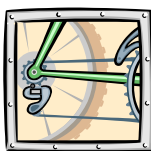


Above: **Mary Ann Sward and Carole Danillo; Mary Sue and Bill Coates.**



**Al Stanke's** tag says "HOT-N-READY." Truth in advertising?

\* Everyone, that is, with the possible exception of **Mary Jo Bolan** who broke her ankle. But she's on the mend, and we'll see her riding again soon.



## New Links in the Chain Joining the EBC

**JEFFREY J. HILL**  
GLEN ELLYN  
jhilljp@yahoo.com

**DAN MURPHY**  
ELMHURST  
dan.murphy@comcast.net

**BRENDA VARNER**  
KEOKUK, IA.  
grail40@yahoo.com



## MARCH MEETING 2005 Member Awards and "Clothing, Trainers, Videos, Wheels, Tires (and more)"

Thursday, March 9, 2006, 7:15 P.M.  
Community Bank of Elmhurst  
330 W. Butterfield Road, Elmhurst  
(at the intersection of Spring Road  
& Butterfield Rd.)

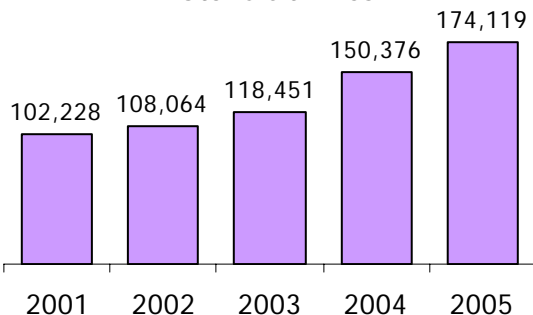
## By the Numbers



### Membership, as of 2/20/2006

Type	Memberships	Members
Family	46	111
Individual	114	114
Total	160	225

### 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 April 2006, *Cue Sheet* is **Sunday, March 12th**. Send items to: **Lew Worthem**, Newsletter Editor. Phone: 630-834-5281 or 630-835-7270, Email: [EBCNews@worthem.com](mailto:EBCNews@worthem.com)

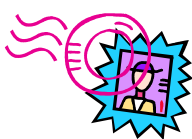
## EBC Hotline—630-415-BIKE

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](mailto:riceken@netzero.net).  
EBC Website [www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)



## Collating Party

Friday, March 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](mailto:cycling33@comcast.net)

## 2006 Upcoming Events

Watch for more upcoming events at  
[http://elmhurstbicycling.org/r\\_events.asp](http://elmhurstbicycling.org/r_events.asp)

Dates	Event	Contact
April 22	Earth Day Cleanup	Steve Josephs 630-655-8710
May 13-14	Bike and Camp at Blackwell <a href="http://worthem.com/blackwell">http://worthem.com/blackwell</a>	Lew 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

# March 2006

## ELMHURST BICYCLE CLUB CALENDAR

Compiled by Steve Josephs, VP and Ride Captain

### Ride Scheduling Guidelines

The deadline for submissions to the April, 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](mailto:stevejosephs@yahoo.com), or see **Steve** at the March monthly meeting for the April 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.

**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., Mar. 1	9:30 AM Ride  11:00 AM Meeting	15-20 mile ride 10-12 mph or 4 mile hike	Carol Nield's 6326 Fairview Ave. Downers Grove	Carol Nield 630-964-2488	<b>Ride and Planning Meeting</b> Bike Ride and/or Hike preceding Planning meeting for the Wednesday Morning Rides. Food will be served before the meeting. Bring your calendars and details of the rides you want to lead.
Wed., Mar. 1	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 decide ride leader, distance and pace. Lights are needed.
Wed., Mar. 1	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Sat. Mar. 4	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sat. Mar. 4	9:00 AM	20-25 miles 16-18 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Morning Fast Ride</b> 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. Mar. 4	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.

The time of the event shown in the calendar 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 tail-wind. 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., Mar. 5	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 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., Mar. 5	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. Mar. 5	Noon	Determined by riders who 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. Mar. 7	10:00 AM	35 miles	IMAX Woodridge	Bill Schwartz 630-963-6252	<b>IMAX Ride</b> Ride to Fat Bean Coffee Shop and back. Cold below 32, rain, snow cancels. Call if in doubt.
Wed., Mar. 8	9:30 AM	25 to 30 miles 11 - 13 mph	McCullum Park 67th and Main Downers Grove	Carol Nield 630-964-2488	<b>Ride to I &amp; M Canal Trail - Willowbrook</b> We will ride to and on the I & M Canal Trail. Bring Snacks. Call Leader if weather is questionable.
Wed., Mar. 8	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 decide ride leader, distance and pace. Lights are needed.
Wed., Mar. 8	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Mar. 9	10:00 AM	30 miles	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6252	<b>Ride to Maple Park</b> Ride to Maple Park and back. Cold below 32, rain, snow cancels. Call if in doubt.
Thurs., Mar. 9	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	<b>Monthly Club Meeting</b> Board meeting precedes club meeting.
Sat. Mar. 11	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sat. Mar. 11	9:00 AM	20-25 miles 16-18 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Morning Fast Ride</b> 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. Mar. 11	Noon	10-40 miles 12-15 mph	6913 Young CT Woodridge	Roman and Cari Szczesniak 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., Mar. 12	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 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., Mar. 12	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., Mar. 12	Noon	Determined by riders who 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. Mar. 14	10:00 AM	35 miles	IMAX Woodridge	Bill Schwartz 630-963-6252	<b>IMAX Ride</b> Ride to Fat Bean Coffee Shop and back. Cold below 32, rain, snow cancels. Call if in doubt.
Wed., Mar. 15	9:30 AM	25 to 35 miles 11 - 13 mph	Herrick Forest Preserve Parking lot off Butterfield Rd.	Sharon Ganske 312-560-2783	<b>Ride from Herrick Forest Preserve</b> Call if weather is questionable,
Wed., Mar. 15	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 decide ride leader, distance and pace. Lights are needed.
Wed., Mar. 15	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Mar. 16	10:00 AM	30 miles	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6252	<b>Ride to Maple Park</b> Ride to Maple Park and back. Cold below 32, rain, snow cancels. Call if in doubt.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat. Mar. 18	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sat. Mar. 18	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. Mar. 19	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 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. Mar. 19	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. Mar. 19	Noon	Determined by riders who 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. Mar. 21	10:00 AM	35 miles	IMAX Woodridge	Bill Schwartz 630-963-6252	<b>IMAX Ride</b> Ride to Fat Bean Coffee Shop and back. Cold below 32, rain, snow cancels. Call if in doubt.
Wed., Mar. 22	9:00 AM	20 to 25 miles 11 - 13 mph	Spring Rock Park Western Springs	Gerry Fekete 708-352 0913	<b>To Grumpy's In Riverside</b> Ride to Riverside with a stop at Grumpy's. Call if the weather is questionable.
Wed., Mar. 22	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 decide ride leader, distance and pace. Lights are needed.
Wed., Mar. 22	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Mar. 23	10:00 AM	30 miles	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6252	<b>Ride to Maple Park</b> Ride to Maple Park and back. Cold below 32, rain, snow cancels. Call if in doubt.
Fri. Mar. 24	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. Mar. 25	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	<b>Weekly Show and Go</b> The riders will determine the ride leader, distance and pace
Sat. Mar. 25	9:00 AM	20-25 miles 16-18 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	<b>Saturday Morning Fast Ride</b> 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. Mar. 25	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. Mar. 26	8:00 AM	20-30 miles 12-15 mph	Panera Bread Elmhurst	Petra Hoffman 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. Mar. 26	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. Mar. 26	Noon	Noon	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. Mar. 28	10:00 AM	35 miles	IMAX Woodridge	Bill Schwartz 630-963-6252	<b>IMAX Ride</b> Ride to Fat Bean Coffee Shop and back. Cold below 32, rain, snow cancels. Call if in doubt.
Wed., Mar. 29	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 decide ride leader, distance and pace. Lights are needed.
Wed., Mar. 29	6:30 PM	Distance TBD 11-13 mph	Parking lot Maple and Park Lombard	Determined by riders who show	<b>Wednesday Night Intermediate Pace Show n Go</b> The riders who show will decide ride leader, distance and pace. Lights are needed.
Thurs., Mar. 30	10:00 AM	30 miles	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6252	<b>Ride to Maple Park</b> Ride to Maple Park and back. Cold below 32, rain, snow cancels. Call if in doubt.

# ★★★★ Elmhurst Bicycle Club 2005 Member Awards ★★★★★

**Ride Leader Jerseys** — Awarded to members who lead fifteen or more rides/hikes over a 3-year period with a minimum of two rides/hikes per year

Mary Jo Bolan	Walt Chlipala	Charlie Mikesell	Ted Sward	Lew Worthem
Betty Bond	Joanne Dybala	Dave Polkow	Peter Turula	

**Mileage T-shirts and Certificates** — Awarded to members who ride 1000 miles or more on club rides

Bill Schwartz	6268	Lou Fish	3069	Eric Peterson	2339	Carole Danillo	1695	Mary Moroney	1262
Karen Schwartz	6003	Larry Gitchell	3060	John Park	2207	Lee Nye	1671	Rich Kuhlman	1123
Steve Josephs	4577	Gerry Fekete	3054	Larry Page	2205	Don Augustyn	1668	Charlie Mikesell	1070
Frank Amorosi	4546	Carol Nield	3035	Paul Boyce	2162	Sharon Ganske	1612	Jeanne Whiting	1035
Isaac Samayoa	4203	Mary Jo Bolan	2916	Nancy Rice	2150	Kevin McCauley	1589	Tom Coogan	1032
Peter Turula	4097	Lew Worthem	2840	Jim Hennig	2150	Bob Sack	1586	Mary Roe	1010
Betty Bond	4032	Roland Porter	2735	Joanne Dezur	2136	Karen Zenisek	1547	Ksenia Turula	1004
Maureen O'Rourke	3436	Joanne Dybala	2697	Bob Jones	2096	Jeff Wincentesen	1515	Jerry Ringier	1004
Ray Dal Lago	3417	Ted Sward	2507	Petra Hofmann	1775	Karim Mouline	1547	Debbie Henke	1003
Al Stanke	3334	Fran Jones	2436	Hank Niedballa	1762	Tracy Gainer	1336		
Paul Punchum	3284	John Konrad	2408	Nancy Shack	1707	Jerry Fish	1322		
Walter Chlipala	3143	David Polkow	2373	George Hermach	1698	Joe Prebil	1292		

**Mileage Certificates** — Awarded to members who ride 500 to 999 miles or more on club rides

Ellen Weber	974	Scott Ross	882	Phil Keller	830	Cindy Reedy	674	Keith Garland	591
Susan Sperl	964	John Czarnecki	880	Armando Valerio	820	Judy Mikesell	644	Travis Diederich	587
Bob Parrilli	959	Paul Partianun	859	Janet Koludrovic	811	Laura Sanborn	635	Susan Wolf	580
Pamela Lassers	925	Harold Lassers	839	Bill Mueller	724	Earl Weber	616	Mike Swain	534
Sharon Dziubski	894	Martin Becker	831	Nathan Gray	702	Marty Kotecki	592		

**Patches** — Awarded to members who complete at least one club ride each of 25, 50, 62 and 100 miles in one year.

Don Augustyn	Joanne Dybala	Jim Hennig	Rich Kuhlman	John Park	Mary Roe	Ted Sward
Betty Bond	Gerry Fekete	George Hermach	Kevin McCauley	Bob Parrilli	Isaac Samayoa	Peter Turula
Paul Boyce	Lou Fish	Petra Hofmann	Karim Mouline	Eric Peterson	Bill Schwartz	Lew Worthem
Ray Dal Lago	Sharon Ganske	Bob Jones	Carol Nield	David Polkow	Karen Schwartz	Karen Zenisek
Joanne Dezur	Debbie Henke	Steve Josephs	Larry Page	Nancy Rice	Al Stanke	

**Most Miles by a New Member:** — Lee Nye 1671



## More Limericks!?

*If you've had limerick withdrawals since **Ray Dal Lago** assumed higher office, then seek professional help! But in the meantime, you can thank **Bill Schwartz** for a temporary fix. Bill cooked up these gems:*

When Amorosi leads Saturday's Show and Go du Jour,  
Local cemeteries hold an irresistible lure.  
He directs the way without a fault,  
But stops at every burial vault!  
You might say he leaves no stone "Un-toured"!

Cycling with Roland is always a joy,  
Older he may be, but he stills acts like a boy.  
We pedal serenely,  
Trading jokes quite unseemly,  
While sitting on our favorite toy.

When Isaac Samayoa has a new route  
The destination is never in doubt,  
Don't worry about direction,  
For he has an obsession,  
To deliver the call with a SHOUT!



Congratulations to **Jim Hennig** on the occasion of his **90th birthday**. An EBC member since 1988, Jim rode 2,150 club miles in 2005, including two centuries! *Photo by Joanne Dezur.*

## 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>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>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>IMAX Theatre Woodridge, IL</b>	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.
<b>McCollum Park Downers Grove, IL</b>	McCollum Park is located at the SE Corner of 67th and Main Streets in Downers Grove.
<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>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>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.

### MEMBERSHIP APPLICATION

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

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

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

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

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

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

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

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

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

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

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



www.elmhurstbicycling.org

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

## EASY RIDERS PLANNING MEETING, Wednesday, March 1

The planning meeting for this year's Wednesday morning rides will be held on Wed., March 1st. At this time we will plan the rides for the whole year. The meeting will be held at the home of **Carol Nield**, 6326 Fairview Ave., Downers Grove. The meeting will begin at 11:30 A.M. and will be preceded by a 15-20 mile bike ride or a 4 mile hike for those who choose not to ride or for all of us if roads are bad. The ride or hike will start at 9:30 from the same address. Food will be served before the meeting. The Wednesday morning rides are a very important part of the EBC schedule. Without leaders we cannot offer the great variety of rides that so many of our members enjoy. Please try to bring to the meeting all the information we need for the rides you are planning on leading.

Any Questions? Call Carol Nield at 630-964-2488

## Metro Metric XXVI HELP WANTED!

There are approximately 122 days until the Metro Metric XXVI. As you can see it has a funny way of creeping up on us. It looks like we are well on our way to filling up the needed chairman positions; however, we could use someone to pass out posters in the Hampshire area starting the last week in June.

Usually in the Spring many riders take their bicycles in for the yearly tune-up. That would be a perfect time to see if your bicycle store would be willing to donate an item for our invitational. Last year our donation chairman managed very easily to get a lot of bicycle items for door prizes. This year she has a current personal commitment right which means she could use your help. We will keep a list of all the stores that offer to contribute so we do not become pests.

If anyone is interested in getting involved with this year's Metro Metric please contact me at either 630/833-7688 or email [cyclejoey@sbcglobal.net](mailto:cyclejoey@sbcglobal.net) and I am sure we can find a job that fits your request.

Remember this is the only time we will ask you to help for the entire year: It sort of makes up for all the things the club does for you!

- Joanne Dezur

**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 small. \$67.25. Contact **Ray Dal Lago**, 630-543-4655, [dlag10@aol.com](mailto:dlag10@aol.com).