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

If you're not near a computer and need ride information, try the **EBC Hotline** at  
630-415-BIKE  
(630-415-2453)



# Cue Sheet

## April 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!

## Madison Memorial Day Weekend Rides, May 27-29, 2006



*Larry Gitcheil and his riders stop at  
Riley's Tavern in 2005.*

The current ride plans for the three days are:

Saturday, starting at 10:00 AM from Olin-Turville Park on Madison's southeast side, "Green Lantern's Light" Ride. We'll tour the Lake Loop around beautiful Lake Monona and split off in the middle to ride to the town of McFarland on the shores of Lake Waubesa. Lunch will be at the Green Lantern Inn. (Can you tell I grew up reading DC comics?) In the 35-mile range, some small hills, may contain short segments of busy road. All paved.

Sunday, starting at 10:00 AM from the Hampton Inn, "The Ride to Riley" (suggested by **Maureen O'Rourke**). We'll scope out the pancake breakfast at the Riley Tavern. There are several possible routes, ranging from fairly flat to very hilly. Let me know if you're training for the mountains later in the year and want a challenge (hint, hint).

Sunday, starting at 3:00 PM from the Hampton Inn, we'll take a ride on the trails of Middleton. A mountain or hybrid bike is recommended. There will be gravel trails and multiple water crossings on stepping stones (rather fancy concrete blocks, actually). Call Larry's cell phone at (708) 409-0105 to confirm that we're back from the morning ride.

Monday, starting at 10:00 AM from the Hampton Inn, "Ella's Deli and the North Side." We'll tour some of the paved rails of Madison, the UW Campus and downtown Madison on the way to the north side of town. Lunch at Ella's Deli on East Washington Avenue. Route will be paved, some hills.

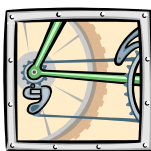
We traditionally have cocktails and snacks in the hotel lobby before going out for a group dinner on Saturday and Sunday nights. We will also have a visit to BratFest, wherever it happens to end up this year!

Madison is plentifully supplied with bike shops for all your equipment needs!

- *Larry Gitcheil*

### Report on Easy Riders Planning Meeting

Thanks to everyone who showed up for the March 1st Easy Riders Planning Meeting. We had a 13 mile Bike ride and a 4 mile hike before the meeting and we had a very successful planning session. Thanks to 14 enthusiastic ride leaders we filled all the Wednesdays from April thru October with a great variety of rides. Check out the ride schedule each month for a great line up of rides. - *Carol Nield*



## New Links in the Chain Joining the EBC

**HAROLD THOMPSON**  
LOMBARD  
haroldthompson@yahoo.com

## By the Numbers



### Membership, as of 3/19/2006

Type	Memberships	Members
Family	49	118
Individual	124	124
Total	173	242

### Year-to-date, as of 3/15/2006

Year	Miles	Events
2006	6,820	58
2005	7,056	69

## Staying Connected

Please inform us of any additions or changes to your address, phone number, or email address. We'll print them in **Cue Sheet** as they change. It's our way of updating the EBC Directory on an ongoing basis. Send changes to:

**Mary Moroney**, Database Manager  
P.O. Box 902  
Elmhurst, IL 60126  
Or email: [cycling33@comcast.net](mailto:cycling33@comcast.net)

## Editorial Guidelines



*Cue Sheet* welcomes articles, comments, notices, action photos and want ads. 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 each issue is Sunday evening following the monthly club meeting. Send items to: **Low Worthem**, Newsletter Editor.  
Phone: 630-834-5281 or 630-835-7270,  
Email: [EBCNews@worthem.com](mailto:EBCNews@worthem.com)



## APRIL MEETING Matt Mason and the Race Across America

Find out what it's like to race 3,000+ miles, and climb 110,000 feet!

**Thursday, April 13, 2006, 7:15 P.M.**

**Community Bank of Elmhurst**  
330 W. Butterfield Road, Elmhurst  
(at the intersection 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 **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, April 28, 7:00 P.M., at the home of **Judy and Charlie Mikesell** in Villa Park.  
Call Judy at 630-833-1036 for details.



## 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
May 27-29	Madison, WI, Memorial Weekend Rides	Larry Gitchell 708-409-0105
July 30	Metro Metric XXVI	Joanne Dezur 630-833-7688
Aug. 1-14	Hike/Bike Colorado	Kären Schwartz 630-963-6250
Sept. 5-12	Minnesota Self-Contained Tour	Gerry Fekete 708-352-0913

## Metro Metric Help W A N T E D

**Bob Jones**, rest stop chairman is looking for someone to be in charge of the Hampshire High School Rest Stop. You will be given a list of volunteers to help and a list of things to be done that day. Mostly just need to set up schedules for the workers and make sure plenty of food is set out for the riders before and after the ride.

Also start thinking about what type of cookies you will be baking for the Metro if you cannot volunteer your time in other ways. We have the brochures and will be passing some out at the next meeting (and on rides) in case you hopefully can come up with somewhere to put them like a YMCA or a Health Club.

Thanks for your help. -Joanne DeZur

# April 2006

## ELMHURST BICYCLE CLUB CALENDAR

Compiled by Steve Josephs, VP and Ride Captain

### Ride Scheduling Guidelines

The deadline for submissions to next month's Ride Schedule is Sunday evening following the monthly meeting. Use the electronic ride submission form on the club website, call Ride Captain **Steve Josephs, 630-655-8710**, email Steve at **stevejosephs@yahoo.com**, or see Steve at the monthly meeting.

You can submit a late ride addition by emailing or calling **Nancy Rice, riceken@netzero.net, 630-717-9923**. Late ride additions are posted to the listserver and listed on the website and the **HOTLINE, 630-415-BIKE**. To be considered for club mileage, late ride additions must be listed 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 8-10 = very slow 14-16 = medium  
discontinue listing a ride at a "medium," "moderate," etc., pace. Use the following as a 10-12 = slow 16-18 = fast  
guide if you are used to using "slow, medium, fast, etc." to describe the ride pace: 12-14 = moderate 18-20+ = very fast

APPROVED SNELL or ANSI HELMET IS RECOMMENDED ON ALL RIDES. USE OF HEADPHONES IS PROHIBITED BY THE ILLINOIS VEHICLE CODE, AND THEREFORE IS NOT ALLOWED ON ELMHURST BICYCLE CLUB RIDES. CALL THE EBC RIDE HOTLINE 630-415-BIKE FOR UPDATES.

### Disclaimer

#### Elmhurst Bicycle Club Release and Liability Waiver

For liability protection and insurance purposes, it is the policy of the Elmhurst Bicycle Club ("EBC") to require all of its members to sign the Release and Liability Waiver which is a part of the EBC Membership Application. Guests of the EBC (which term includes all non-members of EBC) who wish to participate in any EBC bicycle ride **must** sign the equivalent release and liability waiver contained on the EBC Ride Sheet before the ride starts. Any guest refusing to sign the release and liability waiver may **not** participate in the ride. Should the ride continue, however, with the participation of the non-signing guest, the ride will no longer be considered to be an EBC sponsored or sanctioned ride.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Apr. 1	9:00 AM	31 or 62 miles 14-16 mph	American Legion Hall 6517 Main St. Union, IL	Karim Mouline 847-254-5752	<b>Schaumburg Bicycling Club Spring Forward Pre-Ride</b> Join Karim and members of the Schaumburg Bike club in the Pre Rides for their Spring Forward Invitational.
Sat., Apr. 1	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.
Sun., Apr. 2	8:00 AM	20-30 miles 10-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	<b>Sunday Slo Pol Ride</b> Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Apr. 2	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	<b>Sunday Morning Ride</b> Ride along with Walt for two and one half to three hours. We usually do not ride in rain, snow or ice.
Sun., Apr. 2	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., Apr. 2	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., Apr. 2	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.
Sun., Apr. 2	1:00 PM	15 miles 8-10 mph	Depot Villa Park	Kacy Worcester 630-941-8532	<b>New Adventure Daylight Saving Day Ride</b> Celebrate daylight savings with Kacy on a Sunday afternoon New Adventure ride. Remember to "spring forward." Call if weather in doubt first please.
Mon., Apr. 3	6:00 PM	20-25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>First Monday Night Ride of 2006!</b> As we "Kick Off" the season, will we have "Green Bay" weather or "Tampa Bay" weather? Come on out and see! Headlight and taillight required - we will ride until after sunset. Mountain or hybrid bike recommended.

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 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.

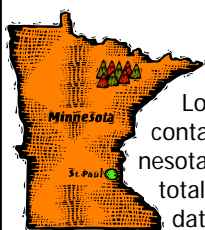
Date	Time	Distance	Start	Ride Leader	Ride Description
Tues. Apr. 4	9:00 AM	15 miles 8-10 mph	McCullum Park 67th and Main Downers Grove	Carol Nield 630-964-2488	<b>Ride to IKEA</b> We will ride to the IKEA Store in Bolingbrook for their 99 cent breakfast.
Tues. Apr. 4	9:30 AM	20 miles 9-11 mph	Depot Villa Park	Walter Chlipala 630-832-9390	<b>New Adventure Ride</b> Join Walt for a Tuesday New Adventure Ride.
Tues. Apr. 4	10:00 AM	35 miles 14-16 mph	IMAX Woodridge	Determined by riders who show	<b>IMAX Ride</b> With the Schwartzes in Utah, we'll Show and Go to Fat Bean Coffee Shop and back. Cold below 32, rain, snow cancels.
Wed., Apr. 5	9:00 AM	32 miles 10-12 mph	Depot Elmhurst	Ted Sward 708-354-5782	<b>Suburban Serendipity</b> Join Ted for a ride that will go East, South, West and North, with a rest/snack stop at Wild Oats in Hinsdale.
Wed., Apr. 5	10:00 AM	48 miles 14-16 mph	Parking Lot Maple and Park Lombard	Determined by riders who show	<b>Lombard to St. Charles</b> With the Schwartzes in Utah, we'll Show and Go to St. Charles for a sandwich and back. Cold below 32, rain, snow cancels.
Wed., Apr. 5	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., Apr. 5	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., Apr. 6	10:00 AM	30-49 miles 16-18 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Determined by riders who show	<b>St Charles - West</b> With the Schwartzes in Utah, we'll Show and Go to Maple Park or Sycamore and back. Cold below 32, rain, snow cancels. Longer ride likely in better weather; pace depends on conditions.
Thurs., Apr. 6	5:30 PM	15-25 miles 15-17 mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Evening Fast Ride</b> Join Tom for a fast evening road ride around the Elmhurst area. Lights will be needed, cancelled by snow, rain or cold below 32. Call Tom with any questions.
Fri., Apr. 7	9:00 AM	35 miles 12-14 mph	Busse Woods	Rich Diebold 847-891-6010	<b>Rich's Friday Forays</b> Route to be determined. Mainly side streets. Busse Woods, Elk Grove Village. From Biesterfield and Biesner take Biesner north to Forest Preserve entrance on your left. Meet in first parking lot.
Fri., Apr. 7	9:30 AM	38 miles 14-16 mph	Parking lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	<b>Lombard to Wayne</b> Follow Isaac on an easy, comfortable ride from Lombard to Wayne.
Sat. Apr. 8	7:00 AM	65 miles 16-18 mph	IMAX Woodridge	Eric Peterson 630-532-8298 (cell) 630-355-5803 (home)	<b>32 Special</b> Ride to Lockport and back looking for hills.
Sat., Apr. 8	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.
Sun., Apr. 9	8:00 AM	20-30 miles 10-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	<b>Sunday Slo Po! Ride</b> Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Apr. 9	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	<b>Sunday Morning Ride</b> Ride along with Walt for two and one half to three hours. We usually do not ride in rain, snow or ice.
Sun., Apr. 9	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., Apr. 9	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., Apr. 9	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.
Mon., Apr. 10	6:00 PM	20-25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Monday Night Ride</b> Come out and join our semi-nocturnal explorations of Eastern DuPage and Western Cook counties. Hybrid or Mountain bike recommended. Expect to use lights up until the middle of May.
Tues., Apr. 11	9:00 AM	20 miles 8-10 mph	Spring Rock Park Western Springs	Ted Sward 708-354-5782	<b>New Adventure Ride</b> New Adventure Ride with a rest/snack stop at Kirsten's Bakery.
Tues., Apr. 11	10:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	<b>IMAX Ride</b> Ride to Fat Bean Coffee Shop and back. Cold below 32, rain, snow cancels. Call 708-334-6250 or 630-303-1160 for ride status.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Apr. 12	9:00 AM	25 miles 10-12 mph	Spring Rock Park Western Springs	Ted Sward 708-354-5782	<b>Oak Brook Nooks and Crannies</b> See the many facets of the Oak Brook area. Lunch stop at the Lodge.
Wed., Apr. 12	10:00 AM	48 miles 14-16 mph	Parking Lot Maple and Park Lombard	Bill Schwartz 630-963-6250	<b>Lombard to St. Charles</b> Join us for a ride to St. Charles for a sandwich and back. Cold below 32, rain, snow cancels. Call 708-334-6250 or 630-303-1160 for ride status or questions.
Wed., Apr. 12	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., Apr. 12	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., Apr. 13	10:00 AM	30-49 miles 16-18 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	<b>St Charles - West</b> Ride to Maple Park or Sycamore and back. Cold below 32, rain, snow cancels. Longer ride likely in better weather; pace depends on conditions, i.e., WIND. Call 708-334-6250 or 630-303-1160 for ride status.
Thurs., Apr. 13	5:30 PM	15-25 miles 15-17 mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Evening Fast Ride</b> Join Tom for a fast evening road ride around the Elmhurst area. Lights will be needed, cancelled by snow, rain or cold below 32. Call Tom with any questions.
Thurs., Apr. 13	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	<b>Monthly Club Meeting</b> Board meeting at 6:15 precedes club meeting.
Fri., Apr. 14	9:30 AM	38 miles 14-16 mph	Parking lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	<b>Lombard to Wayne</b> Follow Isaac on an easy, comfortable ride from Lombard to Wayne.
Sat., Apr. 15	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
Sun., Apr. 16	8:00 AM	20-30 miles 10-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	<b>Sunday Slo Pol Ride</b> Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Apr. 16	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	<b>Sunday Morning Ride</b> Ride along with Walt for two and one half to three hours. We usually do not ride in rain, snow or ice.
Sun., Apr. 16	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., Apr. 16	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., Apr. 16	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.
Mon., Apr. 17	6:00 PM	20-25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Monday Night Ride</b> Come out and join our semi-nocturnal explorations of Eastern DuPage and Western Cook counties. Hybrid or Mountain bike recommended. Expect to use lights up until the middle of May.
Tues., Apr. 18	9:30 AM	16-20 miles 8-10 mph	Bobak's Naperville	Sharon Ganske 312-560-2783	<b>New Adventure Ride</b> Ride around Naperville and then shop/eat at Bobak's. Meet in the parking area NW of the store.
Tues., Apr. 18	10:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	<b>IMAX Ride</b> Ride to Fat Bean Coffee Shop and back. Cold below 32, rain, snow cancels. Call 708-334-6250 or 630-303-1160 for ride status.
Wed., Apr. 19	9:30 AM	30 or 45 miles 12-15 mph	Delles Park Wheaton	Lou Fish 630-668-3446 630-650-9431(cell)	<b>Ride to Tri-County State Park or St. Charles</b> Delles Park: Take Roosevelt Rd., 1 block west of Carleton St. is Delles Rd. go north 1 block and take a left on Lakeside. Park on south side of street bordering the park. Bring nourishment. If we have to bike into St. Charles, we may stop for lunch. ALL ROAD RIDE, ROLLING HILLS.
Wed., Apr. 19	10:00 AM	48 miles 14-16 mph	Parking Lot Maple and Park Lombard	Bill Schwartz 630-963-6250	<b>Lombard to St. Charles</b> Join us for a ride to St. Charles for a sandwich and back. Cold below 32, rain, snow cancels. Call 708-334-6250 or 630-303-1160 for ride status or questions.
Wed., Apr. 19	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Apr. 19	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., Apr. 20	10:00 AM	30-49 miles 16-18 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	<b>St Charles - West</b> Ride to Maple Park or Sycamore and back. Cold below 32, rain, snow cancels. Longer ride likely in better weather; pace depends on conditions, i.e., WIND. Call 708-334-6250 or 630-303-1160 for ride status.
Thurs., Apr. 20	5:30 PM	15-25 miles 15-17 mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Evening Fast Ride</b> Join Tom for a fast evening road ride around the Elmhurst area. Lights will be needed, cancelled by snow, rain or cold below 32. Call Tom with any questions.
Fri., Apr. 21	9:30 AM	38 miles 14-16 mph	Parking lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	<b>Lombard to Wayne</b> Follow Isaac on an easy, comfortable ride from Lombard to Wayne.
Sat., Apr. 22	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., Apr. 22	9:00 AM		Great Western Trail Carol Stream	Steve Josephs 630-235-9841	<b>Annual Trail Cleanup</b> Please come out and help with the annual Earth Day trail cleanup. We have volunteered to cover our usual section of the Great West- ern Trail - between Schmale and Gary in Carol Stream. Please bring work gloves and trash bags - more details to come.
Sat., Apr. 22	10:00 AM	3 miles	Messenger Woods Forest Preserve	George Hermach 630-717-1660	<b>Wildflower Photography Hike in Messenger Woods</b> Leisure hike to enjoy spring wildflowers, especially Red and White Trilliums, Blue-Eyed Marys, and an entire valley of Virginia Blue- bells. We'll stop to examine and photograph the flowers along the way. Hiking boots recommended as trails may be muddy. Messen- ger Woods is off Bruce Rd just west of Parker Rd east of Lockport. Meet at parking lot at end of road into the Forest Preserve. Call for directions if you can't find it on your map. Hike cancelled if rainy.
Sun., Apr. 23	8:00 AM	20-30 miles 10-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	<b>Sunday Slo Pol Ride</b> Ride will end no later than 11 AM. Ride, cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Apr. 23	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	<b>Sunday Morning Ride</b> Ride along with Walt for two and one half to three hours. We usually do not ride in rain, snow or ice.
Sun., Apr. 23	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., Apr. 23	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., Apr. 23	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.
Mon., Apr. 24	6:00 PM	20-25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	<b>Monday Night Ride</b> Come out and join our semi-nocturnal explorations of Eastern DuPage and Western Cook counties. Hybrid or Mountain bike recommended. Expect to use lights up until the middle of May.
Tues., Apr. 25	10:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	<b>IMAX Ride</b> Ride to Fat Bean Coffee Shop and back. Cold below 32, rain, snow cancels. Call 708-334-6250 or 630-303-1160 for ride status.
Tues., Apr. 25	10:30 AM	35-40 miles 12-14 mph	Depot Elmhurst	Betty Bond 630-932-0271	<b>Appreciation Day at Ben &amp; Jerry's</b> We will ride to Ben & Jerry's Schaumburg location for a free cone. There are a few places to have a sandwich before you partake in a cone or you could bring your own if you wish to have lunch. If you would like a few more miles we can drop others off at the depot and ride to Oak Park Ben & Jerry's for an additional 20 miles.
Wed., Apr. 26	10:00 AM	40 miles 12-14 mph	McCullum Park 67th and Main Downers Grove	Peter Turula 630 968-3527 (630 643-3527 at ride time)	<b>Moderate Ride from McCollum</b> All road ride with a stop for lunch.
Wed., Apr. 26	10:00 AM	48 miles 14-16 mph	Parking Lot Maple and Park Lombard	Bill Schwartz 630-963-6250	<b>Lombard to St. Charles</b> Join us for a ride to St. Charles for a sandwich and back. Cold below 32, rain, snow cancels. Call 708-334-6250 or 630-303-1160 for ride status or questions.
Wed., Apr. 26	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.



Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Apr. 26	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., Apr. 27	10:00 AM	50 miles 15-17 mph	McCollum Park 67th and Main Downers Grove	Peter Turula 630 968-3527 (630 643-3527 at ride time)	<b>Fast Ride from McCollum</b> All road ride with a stop for lunch. To Plainfield, Lemont or Willow Springs, depending on conditions.
Thurs., Apr. 27	10:00 AM	30-49 miles 16-18 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	<b>St Charles - West</b> Ride to Maple Park or Sycamore and back. Cold below 32, rain, snow cancels. Longer ride likely in better weather; pace depends on conditions, i.e., WIND. Call 708-334-6250 or 630-303-1160 for ride status.
Thurs., Apr. 27	5:30 PM	15-25 miles 15-17 mph	Depot Elmhurst	Tom Mara 630-833-5739	<b>Thursday Evening Fast Ride</b> Join Tom for a fast evening road ride around the Elmhurst area. Lights will be needed, cancelled by snow, rain or cold below 32. Call Tom with any questions.
Fri., Apr. 28	9:30 AM	38 miles 14-16 mph	Parking lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	<b>Lombard to Wayne</b> Follow Isaac on an easy, comfortable ride from Lombard to Wayne.
Fri., Apr. 28	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., Apr. 29	8:30 AM	73 miles 12 mph	Gebhard Woods FP Morris IL.	Jim Pospiech 630-640-0575 (cell) 630-351-5730 (home)	<b>Loop LaSalle/Peru IL</b> Pick speed/distance Bike Trail with some road options. Other op- tions: Restaurants for lunch? Lock/\$\$\$ Snacks, Water. Trail Bike best. Rider may stop and return at shorter distance after giving notice. Questions, car pool, call leader. Take RT.47 to Morris, turn west on Washington and follow signs for Gebhard Woods.
Sat., Apr. 29	8:30 AM	25-35 miles 16-18 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	<b>Inter-Club Saturday Morning Fast Ride</b> Ride with Karim and members of area clubs in a cycling friendly route from Schaumburg to Hoffman Estates. Road bike strongly recommended. One rest stop if requested. Finish by 11AM. NOTE: Please note that the ride is automatically cancelled by Rain, or highest forecast < 32F.
Sat., Apr. 29	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., Apr. 29	10:00 AM	3 miles	Messenger Woods Forest Preserve	George Hermach 630-717-1660	<b>Wildflower Photography Hike in Messenger Woods</b> Leisure hike to enjoy spring wildflowers, especially Red and White Trilliums, Blue-Eyed Marys, and an entire valley of Virginia Blue- bells. We'll stop to examine and photograph the flowers along the way. Hiking boots recommended as trails may be muddy. Messen- ger Woods is off Bruce Rd just west of Parker Rd east of Lockport. Meet at parking lot at end of road into the Forest Preserve. Call for directions if you can't find it on your map. Hike cancelled if rainy.
Sun., Apr. 30	8:00 AM	20-30 miles 10-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-833-1667 630-290-5173	<b>Sunday Slo Po! Ride</b> Ride will end no later than 11 AM. Ride cancelled by temps 30 or below, rain, snow or wet roads.
Sun., Apr. 30	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	<b>Sunday Morning Ride</b> Ride along with Walt for two and one half to three hours. We usually do not ride in rain, snow or ice.
Sun., Apr. 30	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	<b>Sunday Morning Fast Ride</b> A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., Apr. 30	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	<b>Sunday Morning Very Fast Ride</b> A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., Apr. 30	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.



## Self-Contained Tour of Minnesota

Looking ahead to late summer touring? A self-contained ride covering the south east section of Minnesota is being planned for just after Labor Day. The total distance will be approx. 300 to 350 miles. The dates are tentatively Sept 5 through the 12th, including driving time. More to Come! - *Gerry Fekete*



## Tour Wisconsin With the Strug

Mike Struglinski is planning a self-contained bicycle trip along the Mississippi River from Elmhurst to La Crosse, Wisconsin. Camping and motels. June 24 - July 3. For further info call Mike, 708-246-2089.

## Generator Hubs and Stranger Things...

by Larry Gitchell

I've been asked on occasion about the odd appearance of the front hub on my mountain bike. It's actually a Shimano Nexus generator hub, not officially available in the United States (it may be by now). [REI has a 2006 commuter bicycle, the "Fusion," with the Shimano Nexus dynamo as standard equipment.—Editor]

I have a hub generator installed there because back around 2002, I bought a Cannondale bike called an 'Adventurer.' It's based on a cyclocross frame, which unfortunately gives it a very tight wheelbase for my big feet, especially with 27 x 1-1/4 tires and fenders. The Adventurers

were built-up from the factory with Magura hydraulic rim brakes, Continental Top Touring tires (27" instead of 700C), full fenders, rear rack, the Shimano Nexus generator hub, and a Busch & Müller Senso-light that can be set to switch on automatically when it gets dark. There's also a Euro-style taillight with a similar automatic switch.

I was looking for replacement light bulbs when I came across one of Sheldon Brown's pages ([www.sheldonbrown.com](http://www.sheldonbrown.com)), and that led me over to Peter White Cycles ([www.peterwhitecycles.com](http://www.peterwhitecycles.com)), a very interesting shop in the wilds of Hillsboro, New Hampshire.

I was getting sick of dealing with cranky Nightrider™ lights that took 15 hours to charge, and my big Specialized™ rig that swallowed 5 D-cell batteries at a gulp had come down with a terminal case of flakiness (bad power switch, I think). The generator light on the Adventurer combined with a Cateye™ LED light for a backup turned out to be a much less aggravating solution for general riding - and to make it even better, I got the first Cateye™ light as a Christmas present.

When I wanted to get a generator set-up for my mountain bike, I spent a lot of time reading through Peter White's website. There are



The Shimano Nexus generator hub.



Busch & Müller Lumotec Senso light.

two choices for generator hubs; Schmidt hubs are finely crafted pieces of German engineering with large price tags. Shimano's hubs are much cheaper, and very functional, but have higher drag in operation.

The choice of lights is slightly larger: Schmidt (<http://www.nabendynamo.de/>) (Very limited English page; it basically refers you back to Peter White Cycles), Busch & Müller (<http://www.bumm.de/index-e.html>), Shimano (Peter White's web page

will probably tell you a lot more than Shimano's website), and InoLED (ditto concerning web information).

It didn't take long to narrow the light down to a Schmidt E6 with the built-in switch. Given my druthers, I would have gotten a Schmidt hub, but as the numbers for just the

front wheel were ticking up toward the \$300 mark, I decided to go with a Shimano. The price tag for the headlight, handlebar bracket, hub, and building the front wheel around the hub was about \$230 - the same as my first Nightrider system, which turned out to be fairly useless due to microcontroller problems. I never bothered trying to return it because I wanted to ride, not spend my time shipping Nightrider parts around.

In my experience, the 3-watt Schmidt light is just as useful as a 10-15 watt Nightrider. The Nightrider may throw more light in the trees, and it could help reveal

if the dark shadow dancing around the limit of your vision is actually a little kid weaving all over the Prairie Path on a BMX bike, but neither one is going to show you the giant pothole until you're right on top of it.

Peter White Cycles website has some very detailed comparisons of the various types of generator hubs, incandescent, and LED-based headlights, which will provide much more information than I could ever cover in a Cue Sheet Article. Check it out if you're interesting in escaping the constraints of battery-powered illumination!

My thanks go to **Eric Vann** for providing inspiration to write this article. — Larry Gitchell

## EBC UP Ski Trip – 2006

Do we ski to eat, or eat to ski? Actually, 39 EBCers did more than that. Yes we skied, some of us a lot, some of us a little. Yes we ate, most of us a lot. But some of us also went snowshoeing, or hiking to frozen waterfalls, or on a sleigh ride, or to a play. We skied at ABR, Miljes, Wolverine, and the Porkies. Snow conditions were perfect with ample snow cover, immaculate grooming, and moderate temperatures. The only exception was at the Porkies where conditions on the front side of the mountain were not good with some bare and icy spots in the trail.

We stayed at the Indianhead Motel in Ironwood, Michigan. Our hosts, Morgan and Linda, went out of their way to make our stay enjoyable. We were treated to a continental breakfast each morning. After our days of activity, we gathered for snacks and drinks (furnished by EBC members) in the motel lobby, and then went out for a nice dinner. We chose a different restaurant each night. After dinner, many of us congregated in the lobby for games of Mexican Train Dominoes and Quidler. Morgan joined us in the games on

several evenings, and he and Linda joined us one evening for the play "The Gin Game".

We all had a good time on the trip and are already looking forward to an even better trip next year. Save the dates: February 4-9, 2007.

- George Hermach

## Bike and Camp 2006 Saturday-Sunday, May 13-14

Load up your bike with camping gear and we'll take an easy overnight trip to Blackwell Forest Preserve in Warrenton. Great for newcomers to self-contained touring. Bikecamping veterans welcome, too!

Visit <http://worthem.com/blackwell> for more information or call **Lew Worthem**, 630-835-7270.





## 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.

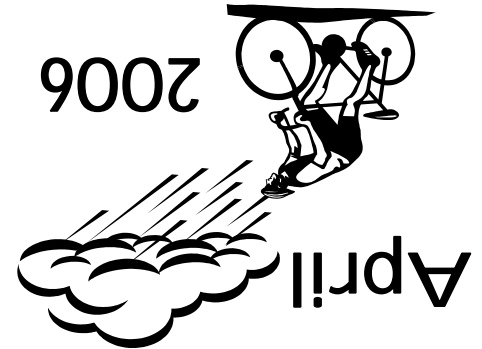
The following is a Release and waives your rights in the event of injury and/or death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate in club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and 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 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.



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

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

## The Elmhurst Bicycle Club says "Thank you" to Friends of the Metro Metric Invitational Ride



EBC Metro Metric Chairperson **Joanne DeZur** recently presented donations totaling \$1,100 to three organizations which have allowed us to use their facilities for our annual invitational ride. The money will help the Hampshire Public Library (left) to acquire new books. The Maple Park Public Library (center) will use the money to move to a larger facility. At St. Peter and Paul Church (right) in Virgil, the money will go toward a new roof.

**Cue Sheet** will publish members' **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).