



Cue Sheet

The Newsletter of the Elmhurst Bicycle Club
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!

May
2006

New Glarus, Wisconsin, Weekend June 16-18, 2006

If you've never had the pleasure of attending these rides, you may not know that the atmosphere in New Glarus is Swiss. Many residents are from Switzerland and have maintained their culture and traditions. The scenery is beautiful, the accommodations are great, the food is first rate and the beer from the New Glarus Microbrewery is one of our favorites. We dine at the Glarner Stube and the New Glarus Hotel on Friday and Saturday evenings. Brunch during the Saturday ride will be at Schubert's Cafe & Bakery in Mt. Horeb. A buffet breakfast is included with the room at the Chalet Landhaus for Saturday and Sunday mornings.

For the longer and more aggressive rides we are planning three rides for the weekend. On Friday June 16th, we will do a short ride starting around 1:00pm. On Saturday the 17th we will do a longer ride (with a shorter option) starting early morning.

On the morning of Sunday the 18th, we will do a ride of moderate length, leaving for home in the afternoon. If there is interest we can also arrange an easier ride option that can include rides on the Sugar River and Military Ridge trails or a short road ride.

The terrain is hilly in the New Glarus area and challenging when compared to most places that we ride. The group breaks up in the more hilly areas but we typically regroup at periodic intervals and at confusing intersections. If you're not up to the hills you can ride the Sugar River trail which is very flat. The trail passes the Chalet Landhaus just outside the back door of the hotel. Another option for trail riding is the Military Ridge Trail, which passes through Mt. Horeb. We also have some shorter, less challenging road routes if you'd like an easier ride.

Other things to do while in New Glarus include: hiking in New Glarus Woods State Park and along the Ice Age Trail, golf and minia-

ture golf, and an outdoor pool and tennis courts. A short drive to Mt. Horeb gives you some quaint shops to visit along the Trollway and there's always a tour of Little Norway and Cave of the Mounds. There are also other area attractions such the House on the Rock and Frank Lloyd Wright's Taliesin near Spring Green. It's a short drive to Madison, WI, where there is a farmers market, a beautiful botanical garden, a zoo and many other things to explore. Our family usually makes a trip to Madison on Saturday while we're out riding.

Ten rooms at the Chalet Landhaus are reserved (\$110 per night for two persons), which includes a buffet breakfast on Saturday and Sunday mornings. The Chalet now has an indoor pool, whirlpool, sauna, and steam room. Go to www.chaletlandhaus.com for more information. The Chalet fills up every weekend during the summer so it may be hard to get a room at the last minute. They tend to

give the rooms away if they are not reserved with a credit card so make your reservations now to be sure you

The Chalet Landhaus Inn.



will get a room. Please contact us if you are interested in reserving one of these rooms.

For other lodging options see www.swisstown.com

There is also camping available in the New Glarus Woods State Park if you would like to go that route. However, there are no showers at the campsite. Contact the New Glarus Woods State Park at (608) 527-2335 for more information.

More information will follow as it gets closer to the date of the trip, so contact us if you are interested.

Karen+Bill Schwartz

630-963-6250

cteach3_at_comcastdotnet*

* See "Important Newsletter News!" on page 2.

Time Again for Metro Metric Volunteers

Hello Everyone and a Very Happy Spring! I am sure there are many members who are fortunate enough to be able to enjoy getting outside and taking a spin on their bicycle during the week and on the weekends. You are way ahead of me in getting into shape for the 33, 48, 65 or 100 mile routes on July 30 at our Metro Metric XXVI!! I am sure everyone is looking forward to this great event which always provides such fun and comradeship as well as good exercise and food (particularly the delicious homemade cookies).

We are very much in need of volunteers to assist with this event. If you have not already done so, please contact Joanne DeZur (630-833-7688) for general tasks. I am particularly in need of assistance for distributing flyers to stores in the Hampshire-Virgil area in July. Any amount of assistance would be greatly appreciated. Thanks.

Cheri O'Riordan (630-325-3917)

Publicity, Metro Metric XXVI



**Need
More
Information?**

The club constitution and by-laws, information on rider and ride leader responsibilities, ride schedules, awards program, member mileage, how to join the club, and 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)

Elmhurst Bicycle Club Officers and Board Members

President
Ray Dal Lago
 630-543-4655
 dlag10@aol.com

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

Treasurer
Phil Keller
 630-964-5795
 philtrains@comcast.net

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

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

Membership Coord.
Kären Schwartz
 630-303-1160
 cteach3@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

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

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

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

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

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

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

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

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

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

Sergeant at Arms
Mike Struglinski
 708-246-2089

Assistant Ride Captain
Nancy Rice
 630-717-9923
 riceken@netzero.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: **Lew Worthem**, Newsletter Editor.

Phone: 630-834-5281 or 630-835-7270,
 Email: EBCNews_at_worthemdotcom

Important Newsletter News!

This is the final issue of *Cue Sheet* to have an email distribution. All issues of our newsletter are now available on the club website —

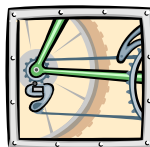


http://www.elmhurstbicycling.org/m_newsletter.asp

Snail-mail distribution of printed copies will continue unchanged. If you no longer need to receive a printed copy, please help keep our costs down by notifying Database Manager Mary Moroney.

Remember, it's not how the newsletter goes out that's important: It's what goes in that matters! Your contributions are necessary and welcome.

To protect our members from spam email, we are formatting email addresses so email harvesters won't be able to pick up our addresses. So, when you see an address printed as "member_at_domain.com," be sure to change it to "member@domain.com" when you send an email.



New Links in the Chain Joining the EBC

LIZ BOOTH
 ELMHURST
 ldbooth_at_yahoodotcom

HAROLD & ELLIE FELTZ
 YORKVILLE

HOPE & MIKE HABERER
 GLEN ELLYN
 hopehabes_at_sbcglobaldotnet

MICHAEL R. MILLER
 WOODRIDGE
 miller.michael_at_comcastdotnet

GEORGE & PUSSANEE PASTORINO
 JUSTICE
 gpastorino_at_comcastdotnet

ANNETTE TOMASKA
 LOMBARD

By the Numbers



Membership, as of 4/23/2006

Type	Memberships	Members
Family	58	138
Individual	143	143
Total	201	281

Year-to-date, as of 4/23/2006

Year	Miles	Events
2006	24,147	138
2005	18,709	136

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_at_netzerodotnet. EBC Website www.elmhurstbicycling.org



Collating Party

Friday, May 26, 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. 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_at_comcastdotnet

May 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_at_yahoo.com**, or see Steve at the monthly meeting.

You can submit a late ride addition by emailing or calling **Nancy Rice, riceken_at_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
Mon., May 1	6:00 PM	20-25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride 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., May 2	9:00 AM	15-20 miles 8-10 mph	Spring Rock Park Western Springs	Ted Sward 708-354-5782	New Adventure Ride Join Ted for a Tuesday New Adventure Ride.
Tues., May 2	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	IMAX Ride Ride to Fat Bean Coffee Shop and back. Rain or bad weather cancels. Call 708-334-6250 or 630-303-1160 for ride status.
Wed., May 3	9:00 AM	45-50 miles 15-17 mph	Parking Lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	Lombard to St. Charles Join Isaac for a ride to St. Charles and back. We'll stop for a sandwich in St. Charles or bring your own lunch.
Wed., May 3	9:00 AM	40 miles 11-13 mph	Herrick Lake FP Wheaton	Sharon Ganske 312-560-2783	Ride to the Fox River Ride west to the Fox River Trail, north to St Charles and then return to Wheaton. Lunch stop at Charlestowne Mall.
Wed., May 3	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.
Wed., May 3	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.
Thurs., May 4	9:00 AM	50 miles 16-18 mph	Soccer field park- ing lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6252	St Charles - Sycamore Ride to Sycamore and back. Bad weather cancels; pace depends on conditions. Call 708-334-6250 or 630-303-1160 for ride status or with questions.
Thurs., May 4	6:00 PM	15-25 miles 14-16 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Evening Ride Join Tom for an evening road ride around the Elmhurst area. Lights may be needed, cancelled by rain or bad weather. Call Tom with any questions.

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
Fri., May 5	9:00 AM	38 miles 14-16 mph	Parking lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	Lombard to Wayne Follow Isaac on an easy, comfortable ride from Lombard to Wayne.
Sat., May 6	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sun., May 7	8:00 AM	20-30 miles 10-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday Morning w/Petra Sunday mornings, slow-medium, non-boring routes. Return no later than 11am.
Sun., May 7	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	Sunday Morning Ride Ride along with Walt for two and one half to three hours. We usually do not ride in rain.
Sun., May 7	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., May 7	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Sunday Morning Very Fast Ride A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., May 7	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.
Mon., May 8	6:00 PM	20-25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride 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., May 9	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	IMAX Ride Ride to Fat Bean Coffee Shop and back. Rain or bad weather cancels. Call 708-334-6250 or 630-303-1160 for ride status.
Tues., May 9	9:00 AM	20 miles 8-10 mph	Waterfall Glen North Parking Lot	Mary Jo Bolan 630 887-9652	New Adventure Ride to Western Springs for coffee or ice cream.
Wed., May 10	9:00 AM	45-50 miles 15-17 mph	Parking Lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	Lombard to St. Charles Join Isaac for a ride to St. Charles and back. We'll stop for a sandwich in St. Charles or bring your own lunch.
Wed., May 10	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.
Wed., May 10	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.
Thurs., May 11	9:00 AM	50 miles 16-18 mph	Soccer field park- ing lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6252	St Charles - Sycamore Ride to Sycamore and back. Bad weather cancels; pace depends on condi- tions.. Call 708-334-6250 or 630-303-1160 for ride status or with questions.
Thurs., May 11	9:00 AM	37 miles 5-13 mph	Waterfall Glen Darien	Peter Turula 630 968-3527 (630 643-3527 at ride time)	DesPlaines River ValleyTrail Ride Ride the Waterfall Glen Forest Preserve, Centennial, and I&MC Trails to Lock- port for lunch. Approximately 20 miles on limestone bike paths at 9 mph, 2 on gravel at 6, and 15 on paved roads at 12. Mostly flat except for 2 "climbs" of 150 feet vertical and a few gullies up to 50 feet deep. Expect to be back about 2 PM. See www.turula.com/ride or call for directions.
Thurs., May 11	6:00 PM	15-18 miles 14-16 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Evening Ride Join Tom for an evening road ride around the Elmhurst area. Shorter ride this evening due to club meeting. Lights may be needed, cancelled by rain or bad weather. Call Tom with any questions.
Thurs., May 11	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting precedes club meeting.
Fri., May 12	9:00 AM	38 miles 14-16 mph	Parking lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	Lombard to Wayne Follow Isaac on an easy, comfortable ride from Lombard to Wayne.
Sat., May 13	9:00 AM	30 miles 16-18 mph	McCullum Park 67th and Main Downers Grove	Tom Manata 630-971-1012	Tour de Le Mont Come and challenge yourself in this mini mountain stage of the tour as we ride to historic Lemont. The ride will feature optional sprints and three mini climbs; Timberline, Stairway to Heaven and The Bluff. There will be one quick rest stop and an optional second.
Sat., May 13	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., May 13	3:30 PM	35 miles 8-12 mph	320 Hillside Ave. Elmhurst	Lew Worthem 630-835-7270	Bike and Camp at Blackwell Overnight self-contained camping trip. Campsite permit required. Call Lew or see http://worthem.com/blackwell for details.
Sun., May 14	8:00 AM	20-30 miles 10-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday Morning w/Petra Sunday mornings, slow-medium, non-boring routes. Return no later than 11am.
Sun., May 14	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	Sunday Morning Ride Ride along with Walt for two and one half to three hours. We usually do not ride in rain.
Sun., May 14	8:30 AM	32-36 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Sunday Morning Fast Ride A brisk paced road ride with one short stop. Ride includes optional sprints. Bring enough food/drink to refuel.
Sun., May 14	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Sunday Morning Very Fast Ride A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., May 14	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.
Mon., May 15	6:00 PM	20-25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride 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., May 16	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	IMAX Ride Ride to Fat Bean Coffee Shop and back. Rain or bad weather cancels. Call 708-334-6250 or 630-303-1160 for ride status.
Tues., May 16	9:30 AM	18 miles 8-10 mph	McCollum Park 67th and Main Downers Grove	Peter Turula 630 968-3527 (630 643-3527 at ride time)	New Adventure Easy ride on quiet paved suburban roads. Expect to be back about noon. See www.turula.com/ride or call for directions.
Wed., May 17	9:00 AM	45-50 miles 15-17 mph	Parking Lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	Lombard to St. Charles Join Isaac for a ride to St. Charles and back. We'll stop for a sandwich in St. Charles or bring your own lunch.
Wed., May 17	9:30 AM	36-40 miles 12-14 mph	Waterfall Glen North Parking Lot	Mary Jo Bolan 630 887-9652	Lunch in Brookfield Ride on roads and paved paths to Brookfield for lunch or late snack.
Wed., May 17	6:30 PM	15 miles 10-14 mph	Parking lot Maple and Park Lombard	Marty Kotecki 630-620-6434 (H) 630-806-1368 (C)	Ride of Silence Ride to commemorate those that have either died or been injured during the last year while riding their bike. Distance and speed will be adjusted to accommodate those that show up for the ride.
Wed., May 17	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.
Wed., May 17	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.
Thurs., May 18	9:00 AM	50 miles 16-18 mph	Soccer field park- ing lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6252	St Charles - Sycamore Ride to Sycamore and back. Bad weather cancels; pace depends on conditions. Call 708-334-6250 or 630-303-1160 for ride status or with questions.
Thurs., May 18	6:00 PM	15-25 miles 14-16 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Evening Ride Join Tom for an evening road ride around the Elmhurst area. Lights may be needed, cancelled by rain or bad weather. Call Tom with any questions.
Fri., May 19	9:00 AM	38 miles 14-16 mph	Parking lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	Lombard to Wayne Follow Isaac on an easy, comfortable ride from Lombard to Wayne.
Fri., May 19	3:00 PM	20-30 miles 10-12 mph	Usonian Inn Spring Green, WI	Karen Schwartz 708-334-6250	More! Friday Easy Ride The weather can range from terrible (40 and drizzle) to wonderful to hot (80s) not to mention windy. Therefore all rides are subject to last minute changes and cancellation.
Fri., May 19	3:00 PM	20-30 miles 12-14 mph	Campground Spring Green, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	More! Friday Afternoon Moderate Ride Ride the local roads south of Spring Green from the Campground.
Fri., May 19	3:00 PM	20-30 miles 14-16 mph	Campground Spring Green, WI	Bill Schwartz 630-963-6252	More! Friday Afternoon Fast Ride Ride the local roads south of Spring Green from the Campground.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., May 20	8:00 AM	25-35 miles 12-14 mph	Leave from Campground Spring Green, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Morel: Saturday Moderate Ride Drive to Muscoda for the ride start. Ride back to Spring Green area and then back to Muscoda for the steak dinner at the Fire House. Only one real hill and the rest of the ride is fairly flat.
Sat., May 20	8:00 AM	50-70 miles 14-16 mph	Leave from Campground Spring Green, WI	Bill Schwartz 630-963-6252	Morel: Saturday Fast Ride Drive to Muscoda for the ride start. Ride will be hilly.
Sat., May 20	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace.
Sat., May 20	10:00 AM	28 miles 10-12 mph	Lone Rock, WI	Karen Schwartz 708-334-6250	Morel: Pine River Trail Ride the Pine River Trail from Lone Rock to Richland Center and back. Note that the Pine River Trail is described as "crushed stone" in the Trails-To-Trails Conservancy Directory. It may not be suitable it is for road bikes in general. If it is wet/muddy then this ride will be on the local roads. Check with ride leader.
Sun., May 21	8:00 AM	20-30 miles 10-12 mph	Usonian Inn Spring Green, WI	Karen Schwartz 708-334-6250	Morel Sunday Easy Ride Local roads north of Spring Green from the Usonian Inn. Check with ride leader if weather is bad.
Sun., May 21	8:00 AM	25-35 miles 12-14 mph	Campground Spring Green, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Morel: Sunday Moderate Ride Local roads north of Spring Green from the Campground. Most of the roads are not too hilly as the river area is flat.
Sun., May 21	8:00 AM	40 miles 14-16 mph	Campground Spring Green, WI	Bill Schwartz 630-963-6252	Morel: Sunday Fast Ride Local roads around Spring Green from the Campground. The ride will be hilly.
Sun., May 21	8:00 AM	20-30 miles 10-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday Morning w/Petra Sunday mornings, slow-medium, non-boring routes. Return no later than 11am.
Sun., May 21	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	Sunday Morning Ride Ride along with Walt for two and one half to three hours. We usually do not ride in rain.
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Sun., May 21	8:30 AM	35-39 miles 18-20 mph	Panera Bread Elmhurst	Ray Dal Lago 630-543-4655	Sunday Morning Very Fast Ride A fast recreational road ride with one short rest stop and fast sprints. Bring enough food/drink to refuel.
Sun., May 21	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.
Mon., May 22	6:00 PM	20-25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride 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., May 23	9:00 AM	18 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688	New Adventure Ride A Tuesday New Adventure Ride - brings snacks.
Tues., May 23	9:00 AM	35 miles moderate	IMAX Woodridge	Bill Schwartz 630-963-6252	IMAX to Performance We'll head over to Performance, with a lunch stop at Portillo's. A rack with bags or panniers would be a good idea to haul your loot home! Rain or bad weather cancels - Call 708-334-6250 or 630-303-1160 for ride status.
Wed., May 24	9:00 AM	45-50 miles 15-17 mph	Parking Lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	Lombard to St. Charles Join Isaac for a ride to St. Charles and back. We'll stop for a sandwich in St. Charles or bring your own lunch.
Wed., May 24	9:00 AM	30-35 miles 13 -15 mph	845 Clyde Downers Grove	Joanne Dybala 630-493-1514	Hot Dog Ride A fun group ride followed by Chicago style hot dogs, deviled eggs and other goodies. YOU MUST RSVP BY MAY 22 IF YOU WANT LUNCH. Optional bonus: free ride in a sidecar.
Wed., May 24	10:00 AM	20 miles 10-12 mph	845 Clyde Downers Grove	Cindy Reedy 630-530-1250	Hot Dog Ride, shorter route A gentler version of the above ride. RSVP if staying for hot dog lunch.
Wed., May 24	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.
Wed., May 24	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.
Thurs., May 25	9:00 AM	50 miles 16-18 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6252	St Charles - Sycamore Ride to Sycamore and back. Bad weather cancels; pace depends on conditions. Call 708-334-6250 or 630-303-1160 for ride status or with questions.

Date	Time	Distance	Start	Ride Leader	Ride Description
Thurs., May 25	6:00 PM	15-25 miles 14-16 mph	Depot Elmhurst	Tom Mara 630-833-5739	Thursday Evening Ride Join Tom for an evening road ride around the Elmhurst area. Lights may be needed, Cancelled by rain or bad weather. Call Tom with any questions.
Fri., May 26	9:00 AM	38 miles 14-16 mph	Parking lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	Lombard to Wayne Follow Isaac on an easy, comfortable ride from Lombard to Wayne.
Fri., May 26	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., May 27	9:00 AM	Determined by riders who show	Depot Elmhurst	Determined by riders who show	Weekly Show and Go The riders will determine the ride leader, distance and pace
Sat., May 27	9:30 AM	Set your own pace and distance 10-40 miles	See ride description.	Judy Mikesell 630.833.1036 (day of ride 630.290.2675)	Old Plank Trail All paved path - New to riding, great path to determine your pace and distance. Bring picnic or \$ for lunch. Start location: East parking lot on White St and path (Rt. 45 1st left south of Rt. 30 follow sign to town.)
Sat., May 27	10:00 AM	35 miles 12-14 mph	Olin-Turville Park Madison, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Green Lantern's Light 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?) Some small hills, may contain short segments of busy road. All paved. For directions to start location, type "John Nolen Drive at East Olin Ave. Madison, WI 53713" into Mapquest or Yahoo maps.
Sun., May 28	6:00 AM 8:30 AM 11:00 AM	33, 66 or 100 miles 16-18 mph	Panera Bread Elmhurst	Dave Polkow 630-832-8131	Triple Loop Century Dave is offering another century broken into three loops totaling 100 miles, all starting and ending at Panera. Come out and ride any or all of the loops. One short rest stop per loop. Dave will have his van parked at Panera so you can store personal items. He will also have food and drink to refuel after each loop.
Sun., May 28	8:00 AM	20-30 miles 10-14 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sunday Morning w/Petra Sunday mornings, slow-medium, non-boring routes. Return no later than 11am.
Sun., May 28	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	Sunday Morning Ride Ride along with Walt for two and one half to three hours. We usually do not ride in rain.
Sun., May 28	10:00 AM	30 miles 12-14 mph	Hampton Inn West Madison, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Ride to Riley 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). For hotel directions, type "516 Grand Canyon Drive Madison, WI 53719" into Mapquest or Yahoo maps.
Sun., May 28	Noon	Determined by riders who show	Gazebo Glen Ellyn	Determined by riders who show	Weekly Show and Go The riders who show will decide ride leader, distance and pace.
Sun., May 28	3:00 PM	15-20 miles 12-14 mph	Hampton Inn West Madison, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Middletown Mountain Bike Ride Work off some calories before dinner with this road / trail ride. Will involve gravel trails and multiple water crossings on stepping stones. Mountain or hybrid bike recommended. Call ride leader's cell phone at (708) 421-0120 to check if we're going to be back from "The Ride to Riley" on time.
Mon., May 29	9:00 AM	50 miles 11-13 mph	Depot Villa Park	Lew Worthem 630-835-7270	A Day Off on the Prairie Path Villa Park-Wheaton-Geneva-Batavia-Wheaton-Villa Park. Eat lunch along the Fox River, BYO or buy en route.
Mon., May 29	10:00 AM	35 miles 12-14 mph	Hampton Inn West Madison, WI	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Ella's Deli Tour the paved bike paths of Madison before we head over to the north side for lunch at Ella's Deli. Trail pass purchase required for Capitol City Trail segment. (was \$4 day, \$15 year as of last year).
Tues., May 30	9:00 AM	20 miles 8-10 mph	Depot Villa Park	Walter Chlipala 630-832-9390	New Adventure Ride Join Walter for a Tuesday New Adventure Ride.
Tues., May 30	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6252	IMAX Ride Ride to Fat Bean Coffee Shop and back. Rain or bad weather cancels. Call 708-334-6250 or 630-303-1160 for ride status.
Wed., May 31	8:30 AM	33 miles 12-14 mph	Spring Rock Park Western Springs	Gerry Fekete 708-352 -0913	To Argonne and Beyond Ride to Argonne and beyond on roads. Bring snacks.
Wed., May 31	9:00 AM	45-50 miles 15-17 mph	Parking Lot Maple and Park Lombard	Isaac Samayoa 630-627-3852	Lombard to St. Charles Join Isaac for a ride to St. Charles and back. We'll stop for a sandwich in St. Charles or bring your own lunch.
Wed., May 31	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.
Wed., May 31	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.

MAY MEETING

Representatives of the League of Illinois Bicyclists



The statewide advocacy voice for all Illinois bicyclists

Thursday, May 11, 2006, 7:15 P.M.
 Community Bank of Elmhurst
 330 W. Butterfield Road, Elmhurst
 (at the intersection of Spring Road & Butterfield Rd.)

2006 Upcoming Events

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

Dates	Event	Contact
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
May 27-29	Madison, WI, Memorial Weekend Rides	Larry Gitchell 708-409-0105
June 16-18	New Glarus Weekend	Kären Schwartz 630-963-6250
June 24-July 3	Self-Contained Tour to Wisconsin	Mike Struglinski 708-246-2089
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

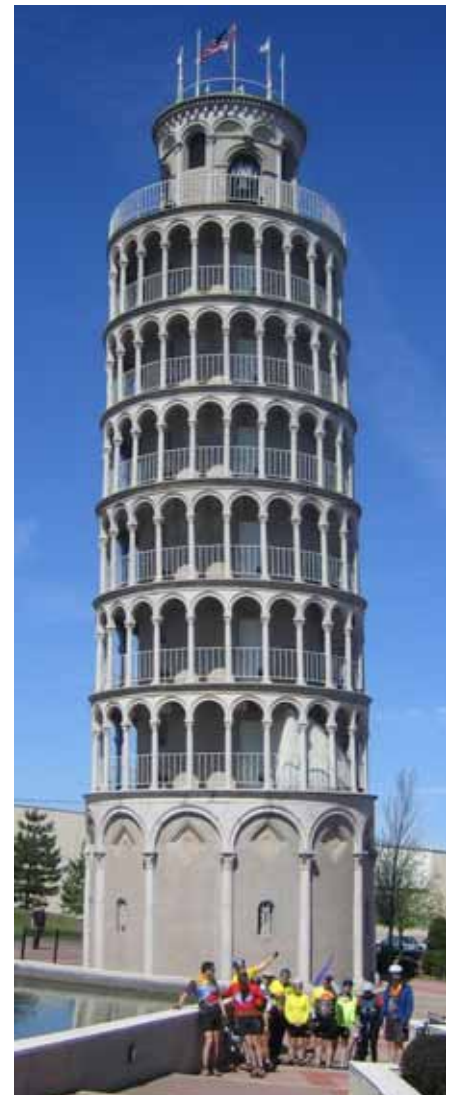


Earth Day Trail Cleanup 2006

On April 22, a contingent of EBC members put on their work gloves and cleaned up a one-mile section of the Great Western Trail.

Above, EBCers and guest volunteer rally at the start.

Right, three hours later, Ride Captain **Steve Josephs** displays the "fruits" of our labor.



The Saturday morning bunch, led by **Petra Hofmann**, rode to the Leaning Plaza of Niles.

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 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.

May, 2006



www.elmhurstbicycling.org

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



John Czarnecki, Carol Nield and Jim Hennig complete an EBC rite of passage: a visit to **Al Capone's** grave.



Betty Bond shows that it pays to pitch in at the Earth Day trail cleanup. She found a dollar bill!



Ultracyclist **Matt Mason** regaled us at the April meeting with tales of his participation in the Race Across America. Cheesehead helmet optional.

Cue Sheet will publish members' WANT ADS—free!

E-mail **Lew Worthem** at EBCNews_at_worthemdotcom 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: Vintage road bike in good shape. 10 speed, 19" lugged frame, 27" gum-wall tires, "Beacon Coronet." \$45 o.b.o. **John Jacus**, 630.323.8668. (May 06)

For Sale: Specialized Rock Hopper FS Mountain Bike. Like new condition with 350 total miles on bike. 13in frame, front suspension, knobby tires, triple front and 8spd rear indexed derailleurs, rear rack, Cateye computer, kick stand. For rider 5'3" and under. \$350. **Specialized Cycling Shoes.** New, never used, still in original box. Size 38. SPD compatible. \$25. **George Hermach**, 630-717-1660. (May 06)

For Sale: SOFTRIDE Access Bike Rack. Anti-sway bike arms, quick release straps, easy access-One touch release pin provides instant access to the rear of the vehicle, even fully loaded with 4 bikes. Hitch Mount with a standard Class II 1.25"X 1.25" or Class III 2"x2" receiver hitch. Great condition and easy to use. Cost \$205 new(in 2004), will sell for \$150.00 **Susan Solberg** 630-993-9291 or bikesks_at_comcastdotnet. (May 06)

For Sale: Touring Bicycle. 1 year old, 54cm aluminum frame, custom built with high quality 9-speed components: Ultegra brifters, XT rear derailer, Deore LX external bearing triple crankset, Mavic A719 rims, DT Swiss 14/15 ga. butted spokes. Fully outfitted with front/rear racks, bottle cages, computer, Continental TT2000 tires. An amazing value at only \$600.00. Photos at <http://worthem.com/forsale>. **Lew Worthem**, 630-835-7270. (May 06)

For Sale: Brand new **EBC club jersey**, women's small. \$67.25. Contact **Ray Dal Lago**, 630-543-4655, dlag10_at_aoldotcom.