



Cue Sheet

June 2006

**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!

WANTED ALIVE OR ALIVE

Do you know or have you seen all the EBC members missing from this picture? They are the volunteers we are looking for to work full or part time at our Metro Metric XXVI.



We have located a large group of them that are working at the various rest stops but a large number are still missing. Here is what we are looking for:

- Two more groups of 2 members for placement of route signs on Sat. July 29th. This would entail one person driving to the spot shown on a map and the other putting up the necessary sign.
- A few people to put posters in various stores and locations near Hampshire. This entails trying to get bike riders in the actual area where we hold the Metro to know we are having an invitational on July 30th.
- Volunteers to work at the rest stops. This entails making sure there is always food and drink for the riders that come in during their ride.
- One person to pick up the donated bagels at Panera the morning of the ride and then take them to the rest stops. This entails being a morning person and probably a couple of hours to complete.

You will be hearing from chairmen asking you to volunteer to help for at least a few hours. This entails maybe you calling me to volunteer before you receive the call or just saying YES when they reach you.

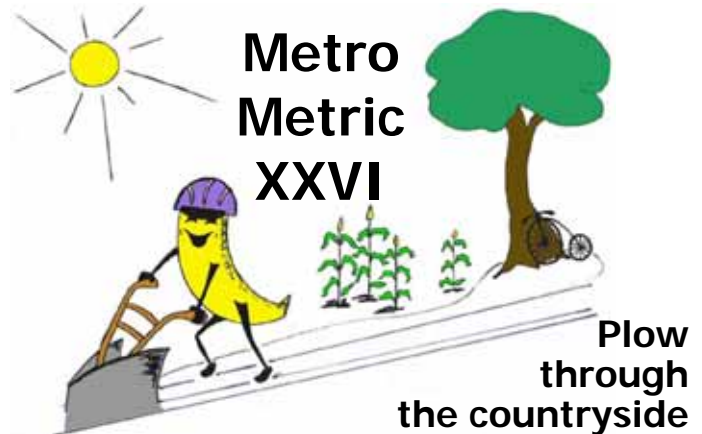
For those of you that are new to the club, this is our only money making event which allows us to contribute to the necessary bicycle organizations to help keep the trails and

roads at their best and safest for us. And also to help take care of some of our clubs expenses that are not covered by membership fees. This also allows us to not have to raise fees. As a non-profit organization we offer you every type of bicycle ride you could want, almost any time but definitely any speed and distance. All we ask is that you offer a few hours of your time to help with the Metro Metric.

Starting with the next newsletter we will be telling you exactly what each position in the Metro Metric entails. The purpose of this is to let members know exactly what an invitational is and to try and enlist chairmen for the future. We will be losing a lot of our people who would like to try a different job next year.

REMEMBER, without volunteers we will have no future Metro Metrics.

Joanne DeZur, 630/833-7688,
email cyclejoey_at_sbcglobaldotnet.



Plow through the countryside

PRE-RIDE LEADERS

As in past years Ted Sward has offered to do a 100 mile pre-ride at a speed of 10 to 12 mph in three (3) loops. If you have always wanted to try a century this is a good opportunity since you have two (2) chances to bail out back at your car.

We will need other leaders for the 33 - 50 - 62 pre-rides on Sat July 22nd. In case you do not know this is to check out the routes to make sure of road status and are considered standard rides which you get credit for.

Please contact **Joanne DeZur** at either 630/833-7688 or cyclejoey_at_sbcglobaldotnet before the next newsletter when you volunteer.



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
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 708-660-9185
 mosaussie@aol.com

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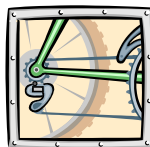
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 lawrenceg11@netzero.net

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 micronettee@aol.com

Newsletter Collating
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 mikesell2@juno.com

Sergeant at Arms
Mike Struglinski
 708-246-2089

Assistant Ride Captain
Nancy Rice
 630-717-9923
 riceken@netzero.net



New Links in the Chain Joining the EBC

JIM & BARB BARR
 ADDISON

powerbarb_at_comcastdotnet

DAVE BUCKSON
 VILLA PARK

david.buckson_at_sbcglobaldotnet

BILL CHRISTOU
 WESTERN SPRINGS

bchris_40_at_yahoodotcom

VICKY EDWARDS & AMANDA GEHRT
 LOMBARD

achicvic_at_aoldotcom
 dreamr00_at_aoldotcom

ROGER HAVLICK, JR.
 ELMHURST

dodgeguy808_at_yahoodotcom

JACK & LOLA MCDERMOTT
 ELMHURST

lolau_at_lasallestdotcom

DAVID & HALINA SKOPEC
 WOODRIDGE

dauidskopec_at_comcastdotnet



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_worthemdtdotcom

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, June 23, 7:00 P.M., at the home of **Judy** and **Charlie Mikesell** in Villa Park. Call Judy at 630-833-1036 for details.



By the Numbers



Membership, as of 5/16

Type	Memberships	Members
Family	62	146
Individual	147	147
Total	209	293

Year-to-date, as of 5/16

Year	Miles	Events
2006	35,431	191
2005	28,562	187

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

June 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_yahoodotcom**, or see Steve at the monthly meeting.

You can submit a late ride addition by emailing or calling **Nancy Rice**, **riceken_at_netzerodotnet**, 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
Thurs., June 1	9:00 AM	50 miles 16-18 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	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., June 1	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., June 2	9:00 AM	41 miles 14-16 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to Wayne Follow Isaac on an easy, comfortable ride from Lombard to Wayne. We'll stop for a snack at the Country Store
Sat., June 3	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., June 4	7:30 AM	25-35 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sundays w/Petra Sunday Morning Ride. Finished by 11 am (Most of the time). NOTE: New start time and a little faster now that we're getting back in shape.
Sun., June 4	8:00 AM	100 miles 14-16 mph	Waubensee College	Peter Turula 630 968-3527 (630 643-3527 at ride time)	Metric Pre PreRide Explore routes for our Metro Metric invitational.
Sun., June 4	8:30 AM	20-25 miles 10-12 mph	Panera Bread Elmhurst	Walter Chlipala 630-832-9390	Sunday Morning Ride Ride along with Wait for two and one half to three hours. We usually do not ride in rain.
Sun., June 4	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., June 4	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.

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
Sun., June 4	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., June 5	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.
Tues., June 6	9:00 AM	20 miles 9-11 mph	Depot Villa Park	Walter Chlipala 630-832-9390	New Adventure Ride Join Walter for a New Adventure Ride with one rest stop.
Tues., June 6	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	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., June 6	5:30 PM	30 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Tuesday Night Ride All TuNRs will be 14-16 pace, 30ish miles. Have lights and bright clothing. Touring or hybrid preferred, road bike will work. These will be semi-nocturnal explorations of Eastern DuPage and Western Cook counties, similar to the MoNR. Paths and sneaks may be included. Rain or serious threat of bad weather one hour before cancels the ride.
Wed., June 7	9:00 AM	51 miles 16-18 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac R. Samayoa 630-627-3852	From 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., June 7	9:30 AM	41 miles 13-16 mph	Big Rock Community Park	George Hermach 630-717-1660 (cell 630-886-1151 day of ride)	Picnic at Silver Springs State Park Ride scenic country roads with some rolling hills. Bring picnic lunch. Directions: US 30 past Sugar Grove to Big Rock, left on Rhodes, left on Sixth. Ride cancelled if rainy.
Wed., June 7	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., June 7	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., June 8	9:00 AM	50 miles 16-18 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	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., June 8	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting at 6:15 precedes club meeting.
Fri., June 9	9:00 AM	41 miles 14-16 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to Wayne Follow Isaac on an easy, comfortable ride from Lombard to Wayne. We'll stop for a snack at the Country Store
Sat., June 10	7:30 AM	30-45 miles 12-14 mph	Plainfield High School	Janet K 630-964-5126	June Rides With Janet Join Janet for an early Saturday morning ride in the country, from Plainfield High School to Oswego and/or Yorkville.
Sat., June 10	8:00 AM	40-50 miles 16-18 mph	Busse Woods, Grove 27, Elk Grove Village (Intersection of Arlington Heights Road and Landmeier Rd)	Karim Mouline 847-254-5752	Saturday Morning Fast Ride Fast road ride to Barrington Hills. One rest brief stop. Bring enough water and food. Finish around 11:30AM. Food and refreshments at the end of the ride, courtesy of the Schaumburg Club. Cancelled by rain.
Sat., June 10	8:00 AM	75 miles 12-14mph	Depot Elmhurst	Petra Hoffman 630-290-5173	East and West of The Fox River Elmhurst, Wheaton, Aurora, Batavia, Geneva, St. Charles, Elgin, Winfield, Return. Rain Cancels. Map at: http://www.favoriterun.com/27427
Sat., June 10	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., June 10	9:30 AM	35 miles 11-13 mph	McCullum Park Downers Grove	Peter Turula 630 968-3527 (630 643-3527 at ride time)	Voyager Canoe Rendezvous All road (almost) ride to the Voyager Canoe Island Rendezvous Reenactment in Bolingbrook. See www.turula.com/ride or call for more information.
Sun., June 11	7:30 AM	25-35 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sundays w/Petra Sunday Morning Ride. Finished by 11 am (Most of the time).

Date	Time	Distance	Start	Ride Leader	Ride Description
Sun., June 11	8:00 AM	100 miles 15-17 mph	Waubensee College	Peter Turula 630 968-3527 (630 643-3527 at ride time)	Second Metric Pre PreRide Verify routes for our Metro Metric invitational. See www.turula.com/ride or call for information.
Sun., June 11	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., June 11	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., June 11	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., June 11	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., June 12	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.
Tues., June 13	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	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., June 13	5:30 PM	30 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Tuesday Night Ride All TuNRs will be 14-16 pace, 30ish miles. Have lights and bright clothing. Touring or hybrid preferred, road bike will work. These will be semi-nocturnal explorations of Eastern DuPage and Western Cook counties, similar to the MoNR. Paths and sneaks may be included. Rain or serious threat of bad weather one hour before cancels the ride.
Wed., June 14	9:00 AM	51 miles 16-18 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac R. Samayoa 630-627-3852	From 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., June 14	9:00 AM	25-30 miles 11-13 mph	Depot Villa Park	Carol Nield 630-964-2488	Pedal and Paddle We will ride to Blackwell Forest Preserve and rent canoes or kayaks for one hour. Rental is \$5.00 per boat. Bring snacks or a lunch to eat at the lake. Ride will be mostly on roads.
Wed., June 14	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., June 14	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., June 15	9:00 AM	50 miles 16-18 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	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., June 15	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., June 16	9:00 AM	41 miles 14-16 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to Wayne Follow Isaac on an easy, comfortable ride from Lombard to Wayne. We'll stop for a snack at the Country Store
Fri., June 16	1:00 PM	25 miles 15-17 mph	Chalet Landhaus New Glarus, WI	Karen + Bill Schwartz, 708-334-6250 or 630-303-1160	Friday Afternoon - New Glarus Friday afternoon ride of New Glarus weekend. The terrain is rolling hills and country roads with little traffic. Call 630-963-6250 for information or check the May 2006 newsletter article.
Sat., June 17	8:00 AM	40-50 miles 16-18 mph	Lifetime Fitness Schaumburg	Karim Mouline 847-254-5752	Saturday Morning Fast Ride Fast road ride to Barrington Hills. One rest brief stop. Bring enough water and food. Finish around 11:30AM. Cancelled by rain.
Sat., June 17	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., June 17	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., June 17	9:00 AM	50-70 miles 15-17 mph	Chalet Landhaus New Glarus, WI	Karen + Bill Schwartz 708-334-6250 or 630-303-1160	Saturday Ride - New Glarus Saturday ride of New Glarus weekend. The terrain is rolling hills and country roads with little traffic. Call 630-963-6250 for information or check the May 2006 newsletter article.
Sun., June 18	7:30 AM	25-35 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sundays w/Petra Sunday Morning Ride. Finished by 11 am (Most of the time). NOTE: New start time and a little faster now that we're getting back in shape.
Sun., June 18	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., June 18	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., June 18	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., June 18	9:00 AM	40 miles 15-17 mph	Chalet Landhaus New Glarus, WI	Karen + Bill Schwartz 708-334-6250 or 630-303-1160	Sunday Ride - New Glarus Sunday ride of New Glarus weekend. The terrain is rolling hills and country roads with little traffic. Call 630-963-6250 for information or check the May 2006 newsletter article.
Sun., June 18	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., June 19	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.
Tues., June 20	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	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., June 20	9:00 AM	100 miles 13-15 mph	McCullum Park Downers Grove	Peter Turula 630 968-3527 (630 643-3527 at ride time)	Moderate Pace Century Century on suburban and low traffic rural roads (and paved paths). Out to DeKalb County. Cancelled if wet. See: turula.com/ride or call for details.
Tues., June 20	10:00 AM	75 miles 13-15 mph	Ogden and River Naperville	Peter Turula 630 968-3527 (630 643-3527 at ride time)	Moderate Pace 3/4 Century Ride 3/4 miles of the century listed above. Call for directions.
Tues., June 20	5:30 PM	30 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentzen 630-832-3338	Tuesday Night Ride All TuNRs will be 14-16 pace, 30ish miles. Have lights and bright clothing. Touring or hybrid preferred, road bike will work. These will be semi-nocturnal explorations of Eastern DuPage and Western Cook counties, similar to the MoNR. Paths and sneaks may be included. Rain or serious threat of bad weather one hour before cancels the ride.
Wed., June 21	8:30 AM	63 miles 10-12 mph	McCullum Park Downers Grove	Ted Sward 708-354-5782	The Way West (Oswego) Join Ted for a ride on bike friendly roads and lunch at the River View Diner in Montgomery. This is a great chance to complete your 62 miles for your patch.
Wed., June 21	9:00 AM	51 miles 16-18 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac R. Samayoa 630-627-3852	From 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., June 21	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., June 21	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., June 22	9:00 AM	50 miles 16-18 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	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.

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Fri., June 23	9:00 AM	41 miles 14-16 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to Wayne Follow Isaac on an easy, comfortable ride from Lombard to Wayne. We'll stop for a snack at the Country Store
Fri., June 23	7:00 PM	Monthly Collat- ing 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., June 24	7:30 AM	30-45 miles 12-14 mph	Plainfield High School	Janet K 630-964-5126	June Rides with Janet Join Janet for an early Saturday morning ride in the country, from Plainfield High School to Oswego and/or Yorkville.
Sat., June 24	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., June 25	7:30 AM	25-35 miles 11-15 mph	Panera Bread Elmhurst	Petra Hoffman 630-290-5173	Sundays w/Petra Sunday Morning Ride. Finished by 11 am (Most of the time). NOTE: New start time and a little faster now that we're getting back in shape.
Sun., June 25	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., June 25	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., June 25	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., June 25	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., June 26	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.
Tues., June 27	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Determined by riders who show	IMAX Ride With the Schwartzes out of town, we'll show 'n go to the Fat Bean Coffee Shop and back. Rain or bad weather cancels.
Tues., June 20	5:30 PM	30 miles 14-16 mph	Panera Bread Elmhurst	Jeff Wincentsen 630-832-3338	Tuesday Night Ride All TuNRs will be 14-16 pace, 30ish miles. Have lights and bright clothing. Touring or hybrid preferred, road bike will work. These will be semi-nocturnal explorations of Eastern DuPage and Western Cook counties, similar to the MoNR. Paths and sneaks may be included. Rain or serious threat of bad weather one hour before cancels the ride.
Wed., June 28	9:00 AM	51 miles 16-18 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac R. Samayoa 630-627-3852	From 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., June 28	12:30 PM	32-36 miles 12-15 mph	"L" station on Des Plaines Ave. in Forest Park	Mary Jo Bolan 630 887-9652	Mozart and Strauss Ride Bicycle downtown and to the lakefront path. Ride to the Chicago Cultural Center and return to Millennium Park. Enjoy the Grant Park concert "Mozart and Strauss" at 6:30 p.m. Return on the "L" to Forest Park. More information to follow on the list server.
Wed., June 28	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., June 28	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., June 29	9:00 AM	50 miles 16-18 mph	Soccer field park- ing lot Peck+Campton Hills Rd. St. Charles	Determined by riders who show	St Charles - Sycamore Show 'n Go With the Schwartzes out of town, we'll show 'n go to Sycamore and back. Bad weather cancels; pace depends on conditions.
Thurs., June 29	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., June 30	9:00 AM	41 miles 14-16 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac R. Samayoa 630-627-3852	From Lombard to Wayne Follow Isaac on an easy, comfortable ride from Lombard to Wayne. We'll stop for a snack at the Country Store

JUNE MEETING Bicycle Care and Maintenance



Mike Hudoc of Stemple's Cycle Center is the proprietor and sales/service tech for over 20 years. Mike is an excellent mechanic - and speaker. He will demonstrate with various bicycles proper care/maintenance and answer our questions. He will present us with tips to help us maintain our equipment.

Thursday, June 8, 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

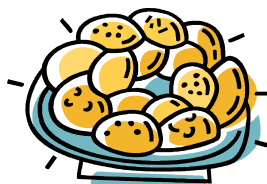
Watch for more upcoming events at

http://elmhurstbicycling.org/r_events.asp

Dates	Event	Contact
June 16-18	New Glarus, Wisconsin 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

More Metro Metric Reminders

Metro Metric XXVI is fast approaching...only 2 months to go! Please mark the date on your calendar if you have not already done so: **JULY 30TH**. As you know, our ride will occur in pastoral Hampshire, IL which is about 60+ miles west of Elmhurst. All volunteers who will be baking those delicious homemade cookies, please contact **Kacy**



Worcester at 630-941-8532. Kacy is collecting the cookies and will distribute them to the rest stops. Please be sure to **put your cookies in a box** since plastic bags do not protect them from breaking and **label them if they contain**

peanuts or peanut butter for health reasons.

We are still 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. Thank you.

Cheri O'Riordan, 630-325-3917

Publicity, Metro Metric XXVI

Cue Sheet — June 2006 8

Some Pointers From Our President

In the past month I've ridden different rides and on all the rides I've noticed a few "issues" we need to correct:

1. Riding through stop signs when cars are present and have the right-of-way is both dangerous and illegal. I realize we don't like to break stride but we are bound by the rules of the road and the rules of common sense. Don't assume a stopped car will let you through the intersection when the car has the right-of-way.



2. We like to ride two abreast but when a car approaches from the rear we need to ride single file until the car has passed.

3. Check your bike's condition before you get to the ride, not five minutes before the ride starts. Inflate your tires, adjust derailleurs/cables, calibrate the computer, etc. at home. When you get to the ride you should be prepared to ride. Performing bike maintenance at the ride site can mean the ride will not start on time. Obviously, problems can occur minutes before the ride but something like worn brake pads should be handled well before the ride. Practice common courtesy.

Speaking of the bike's condition, when was the last time you cleaned your chain, checked your tires or investigated that creaking sound? Some riders like to wait until a problem occurs but that can be dangerous and time consuming. If you don't know how to fix a problem, ask an EBC member. Many of us have expertise in repairs. Also, don't be afraid of bringing your bike to the shop. I talked to one rider who said if he took his bike to the shop the mechanic would tell him he needed a lot of work done. Truthfully, his bike did need a lot of work done. There are quite a few great shops in our riding area and repairs are meant to keep your bike in good working order. When your bike is in good shape you'll have more fun riding.

- Ray Dal Lago

Nothing stops EBC riders ...



... from reaching Harner's Bakery!

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.
McCullum Park Downers Grove, IL	McCullum 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.
Sunset Knoll Park Lombard, IL	On Finley, at Wilson, half a mile north of Roosevelt Road. Please park behind the recreation facility; address is 820 South Finley Road.
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.

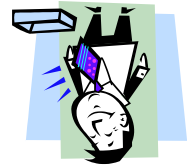
Date _____ Signature _____

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.

June, 2006



www.elmhurstbicycling.org

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

The EBC List Server helps keep members with email aware of the latest news, announcements, and discussions. To subscribe to the List Server send a blank email message addressed to elmhurst-subscribe@topica.com.

Any changes to subscriptions will not take effect until the List Server administrator is notified in a separate email. So, also send a message to me (orionradio_at_hotmaildotcom). The subject line should be "List Server" (the reason is that your email will show up in my junk mail list and it will give me a "heads up"). If you are a new member also include when you joined the club and your telephone number.

If you would like to have more than one email address on the List Server we do that also.

The List Server only accepts plain text messages and no attachments. Anything other than plain text will be discarded when it

arrives at the Topica server. This is done as an easy way to keep viruses from spreading through emails.

If in the future if you decide that you no longer want to receive messages from the List Server, send a message to: elmhurst-unsubscribe@topica.com.

I cannot modify or change any of the subscriber addresses, I can only put them on hold or delete them. **If you change your email address you have to unsubscribe with your old address, then resubscribe with your new address.** You should also send me an email advising me that you are changing so I can add the new address and delete the old one.

To update your email address for the club directory and the monthly newsletter, you must contact **Mary Moroney**, email cycling33_at_comcastdotnet. If there are any questions, please call me at 630-620-6434. - *Marty Kotecki, List Server Manager*

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, 105 hubs, 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_aoidotcom.