



Cue Sheet

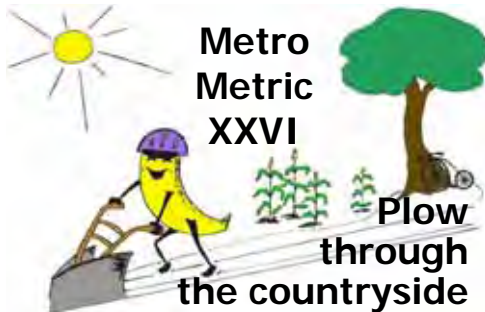
July 2006

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!

DON'T BE LEFT OUT OF THE FUN

Time is running out for you to volunteer to help with the 2006 Metro Metric. For those of you that are new, you should know that this is our only money making event which allows us to be a non-profit club that helps organizations that attempt to make bicycle riding better and safer for all of us.



Since last month's newsletter we have had some members step up to fill in some of the necessary positions. However, we are still missing needed help. I understand that there are circumstances that do not allow you to be available that day and in that case you will be calling **Kacy Worcester** 630/941-8532 to tell her you will bake six dozen cookies for the rest stops. That is also part of our history in that we are known for our home-made cookies.

If you are not available on Sunday July 30th, **George Hermach**, 630/717-1660, still needs a team of 2 people to help set up signs on Saturday, July 29th. We are not asking you to work the entire day, the rest stops can use people for a few hours. We open up at 6:00 A.M. for you early risers, and we always need people to help at the end of the day, approximately 4:00 P.M.

These rest stop chairmen can use your help, even if you can donate only a few hours:

Judy Mikesell 630/833-1036
Tracy Gainer 630/250-9433

Mike Struglinski also needs 3 or 4 early risers to help with parking. You can call him at 707/246-2089

Speaking of early risers, **Walter Chlipala** can use a few more people for registration, greeters, and helping the bikers with the route maps. Your hours would be from 5:45 A.M. till 10:00 A.M. Think you would like to take in money for 4 hours? — give Walter a call at 630/832-9390.

This may sound very repetitious but you must understand that it takes a lot of volunteers to make our Metro Metric a success. We have had approximately the same amount of

riders the past 2 years, which is great, but we need to try and increase the number of bicyclists.

As chairman for the Metro Metric I am actually begging you to become a part of this great event. **YOU WILL HAVE FUN, I GUARANTEE IT.** Here is an example:

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sill raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh?*

- Joanne Dezur

METRO METRIC 2006 PRE-RIDES

We know that many members want to enjoy riding the Metro Metric routes. However, since many of us will be busy with volunteer work during the actual event, we have our usual Metro Metric Pre-rides scheduled for Saturday, July 22 (Sunday, July 23, if rained out Saturday).

100 mi. fast ride	Larry Gitchell
100 mi. slow ride (3 loops)	Ted Sward
65 mi. medium ride	Gerri Fekete
33 mi. Slow Ride	Mary Moroney

Be sure to check the ride schedule for details on these rides **Please take note that no club rides will be scheduled for the day of the Metro Metric, Sunday, July 30.**

EMERGENCY NUMBER Joanne will be out of town on July 2-9 and July 16-20. If any Metro Metric problems come up while Joanne is away, please contact MaryJo Bolan at 630/887-9652.

** Editor's note: I got to wondering if a spell checker is as smart as we are. I ran this passage through my spell checker, and it came up with something like this. I think the humans win!*

"I canola levied tart I cloud audacity understand watt I was drained. The phenomenal pear of the human maid. Occurring to research at Cambridge University, it doesn't mutter in wrath order the otters in a wood are, the only important ting is taut the frits and slat latter be in the grit plane. The reset can be a tarot muses and you can sill raid it outwit a problem. Tics is backseat the human maid demos not rated eve litter by istle, but the wood as a woe. Amazing huh?"



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
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 630-543-4655
 dlago10@aol.com

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

Treasurer
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 630-964-5795
 philtrains@comcast.net

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 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

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 630-690-2881
 john1park@comcast.net

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 630-530-1250
 cmreedy@prodigy.net

List Server
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 630-620-6434
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 708-409-0105
 lawrenceg11@netzero.net

Refreshments
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 630-530-7745
 micronettee@aol.com

Newsletter Collating
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 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. Proof-reading 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

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

EBC Hotline—630-415-BIKE

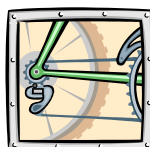
Call for ride updates, membership, and general information. To announce a late addition to the ride schedule, call **Nancy Rice**, 630-717-9923, or e-mail **Nancy** at riceken_at_netzerodotnet.

EBC Website www.elmhurstbicycling.org



Newsletter Collating Party

Friday, July 28, 7:00 P.M., at the home of **Judy and Charlie Mikesell** in Villa Park. Call Judy at 630-833-1036 for details.



New Links in the Chain Joining the EBC

GLORIA A. ARVANITIS
 BLOOMINGDALE
genesisgaa_at_aoldotcom

BOB BONDIMAN
 ELMHURST
bondiman_at_comcastdotnet

PETER GOUGH
 ELMHURST
prgough98_at_aoldotcom

JEFFREY P. HEILSTEDT
 BROOKFIELD
jpheilstedt_at_ace-plcdotcom

CHRIS JANC
 ELMHURST
mcjanc_at_gsb.uchicagodotedu

PAUL MORRISON
 BURR RIDGE
pmorrison_at_veepakdotcom

JAY, KIMBERLY & LOUISA REESE
 VILLA PARK
reesecrowd_at_aoldotcom

LYNN RIVIER
 WILLOWBROOK
lynnrivier_at_hotmaildotcom

LAUREL SALVADOR
 WHEATON
laurelsalvador_at_comcastdotnet

JOE & LORNA SUTTON
 ELMHURST
lornasutton_at_hotmaildotcom

MITCHELL ZALE
 LOMBARD
mitchellzale_at_hotmaildotcom

By the Numbers as of 6/15



Type	Membership Memberships	Members
Family	65	155
Individual	158	158
Total	223	313

Year	Ridership Miles	Events
2006	56,504	269
2005	51,520	272

July 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
Sat., July 1	9:00 AM	38 miles 5-13 mph	Waterfall Glen Darien	Peter Turula 630 968-3527 (630 643-3527 at ride time)	DesPlaines River Valley Trail Ride Trail ride on the Waterfall Glen Forest Preserve bike path, Centennial Trail, and the I&MC Trail west and east from Lemont. Lunch in Lemont (Nick's Tavern ?). Mostly flat except for two "climbs" of 150 feet vertical and a few gullies up to 50 feet deep. Approximately: 21 miles on limestone bike paths at 8-10 mph 15 on paved roads at 11-13, and 2 on gravel at 5-7. We will return via the Lemont (State Street) Bridge's 2/3 mile long sidewalk. Expect to be back about 2 PM. See www.turula.com/ride for directions and details.
Sat., July 1	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., July 2	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).
Sun., July 2	7:30 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., July 2	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., July 2	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., July 2	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., July 3	6:30 PM	25-30 miles 13-15 mph	Meacham Grove Forest Preserve Bloomingdale	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The Monday Night Ride goes West for the Summer! From July 3 to August 7 we'll be riding from Meacham Grove Forest Preserve in Bloomingdale. Rides will be on pavement. Lights recommended. "N. Circle Ave at Spring Valley Dr. Bloomingdale IL 60108" into Mapquest of Yahoo Maps.
Tues., July 4	6:30 AM	100 miles 13-15 mph	Busse Woods Elk Grove Village	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Wild & Woolly Woodstock Our traditional 4th of July Century to Woodstock! Ride starts from the Forest Preserve parking lot at Arlington Heights Road and Edgeware Road in Elk Grove Village (same spot as last year). Sag Wagon, snacks, and lunch provided. Route will include some hills and stretches of busy roads.

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
Wed., July 5	9:00 AM	52 miles 17-19 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac Samayoa 630-627-3852	From Lombard to St. Charles We will ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be available.
Wed., July 5	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., July 5	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., July 6	9:00 AM	50 miles 17-19 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	Sycamore Fast paced hill training ride to Sycamore and back with stop in Sycamore for food and then return via Maple Park
Thurs., July 6	9:30 AM	45 miles 13-15 mph	McCullum Park Downers Grove	Peter Turula 630 968-3527 (630 643-3527 at ride time)	To Plainfield for Lunch All road ride with a stop for a leisurely lunch in Plainfield.
Thurs., July 6	6:00 PM	20-30 miles 16-18 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., July 7	9:00 AM	42 miles 14-16 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac Samayoa 630-627-3852	From Lombard to Wayne We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.
Sat., July 8	7:30 AM	30-46 miles 12-14 mph	Plainfield High School	Janet K 630-964-5126	July Rides With Janet Join Janet for a ride onto the quiet farm roads and towns outside of Plainfield.
Sat., July 8	8:00 AM	112 miles 17-19 mph	Monona Terrace parking Garage Madison, WI	Karen Zenisek 630-530-0793	Ironman Wisconsin Ride Join Karen for the full Madison Ironman bike course - 112 miles of rolling Wis- consin hills followed by an optional run, swim and/or dinner.
Sat., July 8	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., July 9	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).
Sun., July 9	7:30 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., July 9	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., July 9	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., July 9	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., July 10	6:30 PM	25-30 miles 13-15 mph	Meacham Grove Forest Preserve Bloomington	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The Monday Night Ride goes West for the Summer! From July 3 to August 7 we'll be riding from Meacham Grove Forest Preserve in Bloomington. Rides will be on pavement. Lights recommended. "N. Circle Ave at Spring Valley Dr. Bloomington IL 60108" into Mapquest of Yahoo Maps.
Tues., July 11	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	IMAX Ride Naperville ride through residential streets to Fat Bean Coffee Shop and back. Pearl Izumi Outlet ride one of these Tuesdays date TBA.
Tues., July 11	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., July 12	9:00 AM	52 miles 17-19 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac Samayoa 630-627-3852	From Lombard to St. Charles We will ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be available.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., July 12	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., July 12	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., July 13	9:00 AM	50 miles 16-18 mph	Soccer field parking 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., July 13	7:15 PM		Community Bank Elmhurst	Ray Dal Lago 630-543-4655	Monthly Club Meeting Board meeting at 6:15 precedes club meeting.
Fri., July 14	9:00 AM	42 miles 14-16 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac Samayoa 630-627-3852	From Lombard to Wayne We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.
Sat., July 15	9:00 AM	30, 45 or 60 miles 12-16 mph	Waterford Precision Cycles 816 Bakke Ave Waterford, WI	Steve Josephs 630-235-9841	Waterford Factory Ride Join Steve Josephs and Richard Schwinn for rides through the beautiful rolling countryside around Waterford. This will be a joint ride with Evanston, Kenosha Racine Bike Club, Arlington Heights, Elmhurst and the Chicago Cycling Club. There will be a slow/moderate (12-14 mph) ride of 25-30 miles that is mostly flat and a faster(14-16 mph) 45 mile or 62 mile metric century rides. The rides will be self-paced with sag vehicles. There will be an opportunity to ride with a group with riders from other clubs and improve pace-lining skills. The rides will start from the Waterford Factory at 9:00 so allow some time to unload and setup. Richard Schwinn will give tours of the factory between 8:00 and 8:30. This is a great opportunity to see how top quality bicycles are built.
Sat., July 15	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., July 15	9:30 AM	18-20 miles 10-12mph	Parking lot 1 block north of Golf & McCormick	Judy Mikesell 630-833-1036 (day of ride 630-290-2675)	Skokie Sculptures / Evanston Ethnic Art Festival The cast is off, so let's ride!!!! Come enjoy a leisurely ride through the Skokie Sculpture gardens (a short flat trail - not much shifting) then a short ride to the lake path. We will spend about an hour at the Evanston Ethnic Art Festival. Bring snacks and \$ for lunch.
Sun., July 16	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).
Sun., July 16	7:30 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., July 16	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., July 16	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., July 16	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., July 17	6:30 PM	25-30 miles 13-15 mph	Meacham Grove Forest Preserve Bloomingdale	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The Monday Night Ride goes West for the Summer! From July 3 to August 7 we'll be riding from Meacham Grove Forest Preserve in Bloomingdale. Rides will be on pavement. Lights recommended. "N. Circle Ave at Spring Valley Dr. Bloomingdale IL 60108" into Mapquest or Yahoo Maps.
Tues., July 18	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	IMAX Ride Naperville ride through residential streets to Fat Bean Coffee Shop and back. Pearl Izumi Outlet ride one of these Tuesdays date TBA.
Tues., July 18	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., July 19	9:00 AM	52 miles 17-19 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac Samayoa 630-627-3852	From Lombard to St. Charles We will ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be available.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., July 19	9:30 AM	38 miles 12 to 14 mph	Highland Woods Golf Course Hoffman Estates	Hank Niedballa 630-629-1569	WOW Ride Entrance located on Ela Rd. between Algonquin Rd. and Central Rd., near Northwest Tollway & Roselle Rd. Ride adapted from Willow Creek Community Church ride thru South Barrington Hills. Optional lunch
Wed., July 19	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., July 19	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., July 20	9:00 AM	50 miles 17-19 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	Sycamore Fast paced hill training ride to Sycamore and back with stop in Sycamore for food and then return via Maple Park
Thurs., July 20	6:00 PM	20-30 miles 16-18 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., July 21	9:00 AM	42 miles 14-16 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac Samayoa 630-627-3852	From Lombard to Wayne We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.
Sat., July 22	6:30 AM	100 miles slow pace 3 loops	St. Peter & Paul Virgil, IL	Ted Sward 708-354-5782	Metro Metric Pre Ride Moves to Sunday, 7/23 if the weather is bad. (Location is south of Rt. 64 on Meredith in Virgil) Bring food and drink.
Sat., July 22	7:00 AM	100 miles 14-16 mph	High School Hampshire	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Metro Metric Pre Ride Moves to Sunday, 7/23 if the weather is bad. Bring food and drink.
Sat., July 22	7:30 AM	30-46 miles 12-14 mph	Plainfield High School	Janet K 630-964-5126	July Rides With Janet Join Janet for a ride onto the quiet farm roads and towns outside of Plainfield.
Sat., July 22	8:00 AM	33 miles 10-13 mph	High School Hampshire	Mary Moroney H:630 629 1812 C: 630 936 3503	Metro Metric Pre Ride Moves to Sunday, 7/23 if the weather is bad. Bring food and drink.
Sat., July 22	8:00 AM	65 miles 12-14 mph	High School Hampshire	Gerry Fekete 708-352 -0913	Metro Metric Pre Ride Moves to Sunday, 7/23 if the weather is bad. Bring food and drink.
Sat., July 22	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., July 23	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).
Sun., July 23	7:30 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., July 23	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., July 23	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., July 23	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., July 24	6:30 PM	25-30 miles 13-15 mph	Meacham Grove Forest Preserve Bloomingtondale	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The Monday Night Ride goes West for the Summer! From July 3 to August 7 we'll be riding from Meacham Grove Forest Preserve in Bloomingtondale. Rides will be on pavement. Lights recommended. "N. Circle Ave at Spring Valley Dr. Bloomingtondale IL 60108" into Mapquest or Yahoo Maps.
Tues., July 25	9:00 AM	35 miles 14-16 mph	IMAX Woodridge	Bill Schwartz 630-963-6250	IMAX Ride Naperville ride through residential streets to Fat Bean Coffee Shop and back. Pearl Izumi Outlet ride one of these Tuesdays date TBA.
Tues., July 25	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.

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., July 26	9:00 AM	52 miles 17-19 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac Samayoa 630-627-3852	From Lombard to St. Charles We will ride to St. Charles via Wayne at a sustained pace 17-19 mph. We'll stop for a sandwich in St. Charles. Be back before 1:00 PM. Cue sheets will be available.
Wed., July 26	9:00 AM	45 miles 12-14 mph	McCullum Park Downers Grove	Peter Turula 630 968-3527 (630 643-3527 at ride time)	To Plainfield for Lunch All road ride with a stop for a leisurely lunch in Plainfield.
Wed., July 26	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., July 26	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., July 27	9:00 AM	50 miles 17-19 mph	Soccer field parking lot Peck+Campton Hills Rd. St. Charles	Bill Schwartz 630-963-6250	Sycamore Fast paced hill training ride to Sycamore and back with stop in Sycamore for food and then return via Maple Park
Thurs., July 27	6:00 PM	20-30 miles 16-18 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., July 28	9:00 AM	42 miles 14-16 mph	Sunset Knoll Park Finley Rd north of Roosevelt Lombard	Isaac Samayoa 630-627-3852	From Lombard to Wayne We'll ride to Wayne on an easy, comfortable 14-16 mph pace. We'll stop for a snack at Country Store and be back by noon. Cue sheets will be available.
Fri., July 28	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., July 29	8:00 AM	100 miles 18-20 mph	High School Hampshire	Dave Polkow 630-832-8131	Metro Metric Pre-Ride Join David for a fast pre-ride of the Metro course. This will be at a sustained pace of 18-20 mph with very limited rest stops.
Sat., July 29	8:00 AM	50 miles 12-15mph	Depot Elmhurst	Petra Hoffman 630-290-5173	Bike to Metro Ride to Hampshire, check-in and overnight at Super 8. Ride back into Hampshire to help and for dinner. Sunday: Check-out, ride to Metro, help and depart between 11 am and Noon, arriving in Elmhurst about 4 pm.
Sat., July 29	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., July 30	All Day		Hampshire, IL	Joanne Dezur 630-833-7688	Metro Metric XXVI Elmhurst Bike Club's annual invitational ride. More details forthcoming. Please contact Joanne and volunteer to help.
Mon., July 31	6:30 PM	25-30 miles 13-15 mph	Meacham Grove Forest Preserve Bloomington	Larry Gitchell 708-409-0105 (H) 708-421-0120 (C)	Monday Night Ride The Monday Night Ride goes West for the Summer! From July 3 to August 7 we'll be riding from Meacham Grove Forest Preserve in Bloomington. Rides will be on pavement. Lights recommended. "N. Circle Ave at Spring Valley Dr., Bloomington IL 60108" into Mapquest or Yahoo Maps.

EBC Website Update

A website is like a garden. If you stop maintaining it, it dies.

The Ride Captain, Database Manager, and Newsletter Editor regularly update the pages that members visit most frequently: the Ride Schedule, Member Miles and the Newsletter.

We are also constantly updating the rest of the site. Take a look at the "About Elmhurst Bicycle Club" page (http://www.elmhurstbicycling.org/abt_etc.asp), a page that is more likely to be viewed by potential new members. Until recently that page was just several paragraphs of text - very informative, but not "Internet sharp." **Sharon Ganske** designed bullet points, **Harold Lassers** gave it a new layout, and Voila! Now we have a very reader-friendly page. (Note: I did leave all the old text at the bottom of the page, just because it was too good to delete.)

We hope we are tending your website garden well. As always, we welcome comments, corrections and suggestions.

- Cindy Reedy, Webmaster



EBC members Tom Manata, Tom Mara, Martin Becker and Joanne Dezur relax around the campfire before another day of riding around Spring Green, Wisconsin. (photo courtesy Kären Schwartz)

JULY MEETING



A Special Mystery Guest Speaker!

Thursday, July 13, 2006, 7:15 P.M.

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

M E R C I D A N K E G R A Z I E O B R I G A D O

How many ways can we say thank you to the following people who stepped in to help?

- ◆ **Ted Sward** and **Lew Worthem** for the Bike the Drive packet pick-up at REI.
- ◆ **Ruth Buffalo** and **Kevin Bailey** for taking brochures to Bike the Drive.
- ◆ **Nancy Rice** for the Bicycle Safety program.
- ◆ **Susan Sperl** for offering to put up Metro Metric posters in Huntley.
- ◆ **Deana Pugh** for stepping in to send letters for MM donations...we have no chairman.
- ◆ **Sandy Hill** for offering to follow-up on the donation letters.
- ◆ **MaryJo Bolan** for offering to take emergency MM phone calls while I am out of town.

Your participation in community events reflects positively on the Elmhurst Bicycle Club and benefits cycling in general. I know there are and will be many more members who will fill in to help

- Joanne Dezur.

2006 Upcoming Events

Watch for more upcoming events at

http://elmhurstbicycling.org/r_events.asp

Dates	Event	Contact
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

Schaumburg Bicycle Extravaganza and Campout



You may not know that EBC member **Freda Brown** is also President of the Schaumburg Bicycle Club. Here, Freda informs us of an upcoming fun event.

The League of American Bicyclists and the Village of Schaumburg have more than just a passing common interest: Both observe their 50th anniversary this year and both promote bicycling. To celebrate, the Village will host a bicycle Campout Extravaganza on August 5th and 6th.

Set up your tent in Meineke Park Saturday and enjoy dinner and various programs. Have breakfast Sunday morning before embarking on guided bicycle tours of Schaumburg's historic locations. Bicycle rides will be geared to all skill levels and ages, and there will be music and bicycling safety lessons. Be sure to stick around for Schaumburg Park District's Party in The Park on Sunday.

Registration is required with the Schaumburg Park District at 847/490-7020 or Email: info@parkfun.com, refer to course number 18986. Or, go to <http://tinyurl.com/faseu>.

Freda A. Brown, President
Schaumburg Bicycle Club
www.schaumburgbicycleclub.org
freda_at_schaumburgbicycleclubdotorg



It's great to have EBC member Frank Amorosi (center) back in the saddle, seen here at the Handlebar Bar & Grill with Roland Porter, Marge Ricke, Amos Coffman and Petra Hofmann.

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.



www.elmhurstbicycling.org

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



Left: Marty Kotecki, Dave Reedy, Phil Keller, Marsha Keller and Cindy Reedy prepare for a Morel Mushroom Festival ride. (photo courtesy Joanne Dezur)



Right: Mike Hudoc of Stemple's Cycles spoke about bicycle maintenance at the club's June meeting, emphasizing the importance of using the right lubes in the right places.

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